

# CYP-L5 Quick Reference Criteria

LOs	Assessment Criteria
<b>1</b>	<b>Work safely, legally and ethically with children and young people (CYP)</b>
1.1	Work within recognised legal, professional and ethical frameworks when counselling CYP
1.2	Respond to and manage issues of confidentiality and data protection
1.3	Conduct initial, emerging and ongoing risk assessments and respond to safeguarding and child protection issues
1.4	Work within limits of competence and use referral and signposting processes appropriately
1.5	Engage with inter agency work, including schools
<b>2</b>	<b>Facilitate a therapeutic relationship with CYP</b>
2.1	Establish and maintain an age-appropriate therapeutic relationship
2.2	Establish and sustain professional and personal boundaries with consideration to the age and developmental stage of the client
2.3	Use the therapeutic relationship to inform and enhance the counselling work, enabling CYP to access and express emotions
2.4	Work with conflicts, challenges and difficulties that arise in the therapeutic relationship
2.5	Evaluate the appropriateness of working in partnership with family members, carers and the client
<b>3</b>	<b>Understand and work with diversity in relation to CYP</b>
3.1	Apply theory and research on diversity issues to counselling work with CYP
3.2	Identify and respond to factors that impact on the mental health and wellbeing of CYP
3.3	Use empathy to communicate understanding and acceptance appropriate to the age of the client
3.4	Facilitate a time and setting appropriate to the age and stage of development of the CYP
3.5	Reflect on barriers to CYP engaging with counselling and actively promote easier access
<b>4</b>	<b>Work collaboratively, creatively and flexibly to engage CYP in counselling work</b>
4.1	Conduct an age-appropriate assessment tailored for each client to establish a focus for the work together
4.2	Negotiate a contract for the work with the client's involvement and consent
4.3	Evaluate the different ways of offering counselling to CYP, e.g. face-to-face, online, telephone and blended work
4.4	Offer a range of communication methods appropriate to the client's age and developmental stage
4.5	Reflect on, evaluate and review the counselling work in collaboration with the client's changing needs
4.6	Work sensitively with CYP to negotiate and plan for endings and transitions
<b>5</b>	<b>Work with self-awareness as a CYP counsellor</b>
5.1	Reflect on own childhood experiences and how they might enhance or limit own work with CYP
5.2	Apply child development theories to self and demonstrate how this awareness informs therapeutic work with CYP
5.3	Use awareness of self to work with the impact of power and authority in the counselling relationship with CYP
5.4	Practice self-care to promote personal resilience in response to the impact on self when working with CYP
<b>6</b>	<b>Use theory, research and skills to work effectively with CYP</b>
6.1	Evaluate the benefits and limitations of own core theory, adapting it to work effectively with CYP
6.2	Apply knowledge of child development and attachment theories to meet the specific needs of CYP
6.3	Work experientially with play and creativity to enhance the therapeutic process
6.4	Promote and encourage resilience in CYP
6.5	Consider the role of psychopathology, pharmacology and neuroscience when working with CYP
6.6	Use research findings on counselling CYP to inform the work
<b>7</b>	<b>Monitor and maintain professional practice and effectiveness as a CYP counsellor</b>
7.1	Prepare for and engage with clinical supervision appropriate for counselling work with CYP
7.2	Demonstrate awareness of the "internal supervisor" and the place of reflexivity, to enhance counselling practice with CYP
7.3	Use a clinical audit tool appropriate for counselling work with CYP to critically evaluate own practice
7.4	Identify strengths and weaknesses when working with CYP and plan own Continuing Professional Development programme