

SCoPEd Column B

mapped to **CPCAB PC-L5 Assessment Criteria**

This mapping document provides a comprehensive overview of how SCoPEd competences in Column B map to the Assessment Criteria of CPCAB Level 5 Diploma in Psychotherapeutic Counselling (PC-L5). Please refer to the PC-L5 Tutor and Candidate Guides for further evidence included in the indicative content. There are also further practice requirements for Column B membership categories, the details of which will be confirmed by the Partnership of Counselling and Psychotherapy Bodies (PCPB).

The document also shows where SCoPEd competences align with additional PC-L5 requirements. Specifically, we have identified where competences present in **Client Work (CW)**, **Counselling Supervision (CS)**, **Group Training Supervision (GTS)**, and **Personal Therapy (PT)** are reflected in the SCoPEd framework. These competences will be evidenced through practical work but may also be documented in the Supervisor Report Form, the Tutor-Assessed Observation sheet and the Skills Observation Feedback sheet.

Theme 1 Professional framework	Evidence of where taught or assessed (e.g. course modules or assessment tasks)
<p>1.13.Bi Ability to take an active role as a member of a professional community and participate effectively in inter-professional and multi-agency approaches to mental health where appropriate</p>	<p>1.1 Reflect on issues relating to establishing and managing an independent practice 1.6 Demonstrate the ability to engage effectively in inter-professional and multi-agency collaboration contributing to shared mental health care where appropriate.</p> <p>CS</p>
<p>1.13.Bii Ability to work in multi-disciplinary teams with other professionals to enhance therapeutic outcomes</p>	<p>1.2 Work within an ethical, legal and professional framework for independent counselling work 1.3 Respond to and manage ethical dilemmas 1.4 Research and access appropriate sources of support 1.6 Demonstrate the ability to engage effectively in inter-professional and multi-agency collaboration contributing to shared mental health care where appropriate. 2.3 Work with challenges and difficulties that arise in the therapeutic relationship</p> <p>CS</p>

Theme 2 Assessment	Evidence of where taught or assessed (e.g. course modules or assessment tasks)
<p>2.1.B Ability to use an initial and ongoing clinical assessment strategy that is informed by a consistent, coherent and in-depth theoretical approach</p>	<p>4.1 Use a coherent assessment strategy to assess individual clients and their needs 4.2 Critically reflect on different approaches to client assessment 4.3 Evaluate choice of therapeutic interventions in relation to individual clients and their needs 6.5 Integrate concepts of psychopathology when assessing and referring clients</p> <p>CW, CS, GTS</p>
<p>2.5.B Ability to conceptualise, evaluate and take account of a range of mental health problems, symptoms of psychological distress, functioning and coping styles (with due understanding of cultural norms), during assessment and throughout therapy</p>	<p>3.1 Reflect on theory and research on diversity issues and apply insights to counselling work 3.2 Compare diverse cultural perceptions of mental health and well being and consider their influence on the counselling relationship 3.3 Work with the social, cultural and biological factors that impact on individual clients 4.1 Use a coherent assessment strategy to assess individual clients and their needs 4.2 Critically reflect on different approaches to client assessment 4.3 Evaluate choice of therapeutic interventions in relation to individual clients and their needs 6.4 Apply research findings to inform work with common life problems and common mental health problems 6.5 Integrate concepts of psychopathology when assessing and referring clients</p> <p>CW, CS, GTS</p>
<p>2.8.B Ability to devise and use a comprehensive risk assessment strategy</p>	<p>4.1 Use a coherent assessment strategy to assess individual clients and their needs</p> <p>CW</p>

2.11.B Ability to identify and respond to the impact of the technologically mediated environment on issues of identity and presence, including fantasies and assumptions about the therapist and client or patient

- 1.2 Work within an ethical, legal and professional framework for independent counselling work
- 1.3 Respond to and manage ethical dilemmas
- 2.1 Manage the conflicts and demands of working **within** relational boundaries in independent practice
- 2.2 Use theory and research to work with implicit aspects of the therapeutic relationship
- 2.3 Work with challenges and difficulties that arise at all stages of the therapeutic relationship
- 4.5 Use research findings on client factors to inform counselling work
- 5.3 Use awareness of self to work with the impact of power and authority in the counselling relationship

CW, CS, GTS

Theme 3 Therapeutic relationship	Evidence of where taught or assessed (e.g. course modules or assessment tasks)
3.10.B Ability to work with issues of power and authority experienced in the ‘unconscious’ or ‘out of awareness’ processes of the client or patient as part of the therapeutic process	5.3 Use awareness of self to work with the impact of power and authority in the counselling relationship 5.4 Use research findings on therapist factors to inform client work 6.1 Use theory to work with implicit aspects of client’s self, personal history and patterns of relating CW
3.13.Bi Ability to critically reflect on the client’s or patient’s process to enhance the client’s or patient’s self-awareness and understanding of themselves in relationship	2.3 Work with challenges and difficulties that arise at all stages of the therapeutic relationship 3.3 Work with the social, cultural and biological factors that impact on individual clients 6.1 Use theory to work with implicit aspects of client’s self, personal history and patterns of relating CW, CS, GTS
3.13.Bii Ability to be aware of, and respond to, emotional shifts occurring in each session, with the aim of maintaining a level of emotional engagement appropriate for each circumstance	2.2 Use theory and research to work with implicit aspects of the therapeutic relationship 2.3 Work with challenges and difficulties that arise at all stages of the therapeutic relationship 4.3 Evaluate choice of therapeutic interventions in relation to individual clients and their needs 4.4 Reflect on and evaluate the counselling work in collaboration with the client 5.1 Use insights from work on implicit aspects of own self, personal history and patterns of relating to inform counselling work CW

<p>3.16.B Ability to actively use own responses to the client or patient in a way that is therapeutic and consistent with the theoretical model or approach</p>	<p>2.2 Use theory and research to work with implicit aspects of the therapeutic relationship 3.3 Work with the social, cultural and biological factors that impact on individual clients 4.3 Evaluate choice of therapeutic interventions in relation to individual clients and their needs 5.1 Use insights from work on implicit aspects of own self, personal history and patterns of relating to inform counselling work 5.3 Use awareness of self to work with the impact of power and authority in the counselling relationship 6.3 Integrate skills and techniques within a coherent theoretical framework</p> <p>CW</p>
<p>3.21.B Ability to make use of ruptures or impasses in the therapy as opportunities for expanding the understanding of the client's or patient's subjective experience of their difficulties</p>	<p>1.3 Respond to and manage ethical dilemmas 2.3 Work with challenges and difficulties that arise at all stages of the therapeutic relationship 3.2 Compare diverse cultural perceptions of mental health and wellbeing and consider their influence on the counselling relationship</p> <p>CW</p>
<p>3.23.B Ability to analyse and address difficulties in the immediacy of the therapeutic encounter to find ways to overcome such difficulties</p>	<p>2.3 Work with challenges and difficulties that arise in the therapeutic relationship</p> <p>CW, CS, GTS</p>
<p>3.24.B Ability to consider and manage complex issues arising when ending therapy in the light of the client's or patient's previous experience of endings</p>	<p>2.3 Work with challenges and difficulties that arise at all stages of the therapeutic relationship 4.4 Reflect on and evaluate the counselling work in collaboration with the client</p> <p>CS, GTS</p>

Theme 4 Knowledge and Skills	Evidence of where taught or assessed (e.g. course modules or assessment tasks)
4.2.B Ability to critically appraise a range of theories underpinning the practice of counselling and psychotherapy	<p>2.2 Use theory and research to work with the implicit aspects of the therapeutic relationship 3.1 Reflect on theory and research on diversity issues and apply insights to counselling work 5.2 Compare and contrast different theoretical perspectives on the use of self in counselling work 5.4 Use research findings on therapist factors to inform client work 6.1 Use theory to work with implicit aspects of client's self, personal history and patterns of relating 6.2 Use research findings to critically evaluate and develop own theoretical understanding 6.3 Integrate skills and techniques within a coherent theoretical framework</p> <p>CW</p>
4.3.B Ability to work with suicidal risk and the often complex nature of suicidal ideation and (or) other self-harming behaviours and associated 'unconscious', or 'out of awareness' processes and perceptions	<p>1.5 Support clients at risk of suicide or self-harm, including recognising complex thoughts, feelings and behaviours, even when they are not directly expressed.</p> <p>CW, CS, GTS</p>
4.4.B Ability to use the therapeutic relationship to work with the client's or patient's 'unconscious' or 'out of awareness' perceptions, experiences and distortions of the therapist and the therapeutic relationship to enhance therapeutic change	<p>2.2 Use theory and research to work with implicit aspects of the therapeutic relationship 2.3 Work with challenges and difficulties that arise at all stages of the therapeutic relationship</p> <p>CW</p>

4.7.B Ability to demonstrate the capacity, knowledge and understanding of how to select and adapt interventions and (or) approaches to respond to the needs of the client or patient

4.2 Critically reflect on different approaches to client assessment
4.3 Evaluate choice of therapeutic interventions in relation to individual clients and their needs

CS, GTS

4.9.B Ability to reflect upon the complex and sometimes contradictory information gained from clients or patients and to coherently describe their present difficulties and the potential origins using a clear theoretical model or approach

6.1 Use theory to work with implicit aspects of client's self, personal history and patterns of relating
6.5 Integrate concepts of psychopathology when assessing and referring clients

CS, GTS

4.11.B Ability to recognise and explore with the client or patient the assumptions that underpin understanding of identity, culture, values and worldview

3.2 Compare diverse cultural perceptions of mental health and wellbeing and consider their influence on the counselling relationship
3.3 Work with the social, cultural and biological factors that impact on individual clients
3.4 Evaluate the impact of diversity-related barriers that clients may face when accessing independent counselling.

CW, CS, GTS

4.15.B Ability to utilise audit and evaluation tools to monitor and maintain standards within practice settings

7.2 Implement a clinical audit tool

CW, CS, GTS

4.16.B Ability to draw upon and evaluate published research on counselling and psychotherapy, and integrate relevant research findings to enhance practice

2.2 Use theory and research to work with implicit aspects of the therapeutic relationship
3.1 Reflect on theory and research on diversity issues and apply insights to counselling work
4.5 Use research findings on client factors to inform counselling work
5.4 Use research findings on therapist factors to inform client work
6.2 Use research findings to critically evaluate and develop own theoretical understanding

6.4 Apply research findings to inform work with common life problems and common mental health problems

CS, GTS

Theme 5 Self-awareness and Reflection	Evidence of where taught or assessed (e.g. course modules or assessment tasks)
5.1.Bi Ability to be emotionally prepared for intense and complex work, which requires sustained reflexivity	<p>5.1 Use insights from work on implicit aspects of own self, personal history and patterns of relating to inform counselling work 7.3 Research and plan own programme for Continuing Professional Development</p> <p>PT</p>
5.1.Bii Ability to work with ‘unconscious’ and ‘out of awareness’ processes	<p>2.2 Use theory and research to work with implicit aspects of the therapeutic relationship 5.1 Use insights from work on implicit aspects of own self, personal history and patterns of relating to inform counselling work</p> <p>CW</p>
5.4.B Ability to critically challenge own identity, culture, values and worldview	<p>3.1 Reflect on theory and research on diversity issues and apply insights to counselling work 3.2 Compare diverse cultural perceptions of mental health and well being and consider their influence on the counselling relationship 3.3 Work with the social, cultural and biological factors that impact on individual clients 5.1 Use insights from work on implicit aspects of own self, personal history and patterns of relating to inform counselling work</p> <p>CS, GTS, PT</p>

5.6.B Ability to review and evaluate supervision arrangements and take responsibility for adapting supervision to the evolving and changing requirements of ongoing practice

7.1 Critically evaluate own use of clinical supervision

CS, GTS