Unit 4222-210 Provide support for therapy sessions (HSC 2001)

Level: **2**
Credit value: **2**
UAN: **D/601/9023**

Unit aim

This unit is aimed at those working in a wide range of settings. The unit provides the learner with the knowledge and skills needed to support individuals participating in therapy sessions. It covers preparation, support, observation, recording and review of therapy sessions.

Learning outcomes

There are **five** learning outcomes to this unit. The learner will:

1. Understand the benefits of therapy sessions
2. Be able to prepare for therapy sessions
3. Be able to provide support in therapy sessions
4. Be able to observe and record therapy sessions
5. Be able to contribute to the review of therapy sessions

Guided learning hours

It is recommended that **14** hours should be allocated for this unit, although patterns of delivery are likely to vary.

Details of the relationship between the unit and relevant national standards

This unit is linked to HSC 212.

Support of the unit by a sector or other appropriate body

This unit is endorsed by Skills for Care and Development.

Assessment

This unit must be assessed in accordance with Skills for Care and Development's QCF Assessment Principles.

Learning outcomes 2, 3, 4 and 5 must be assessed in a real work situation.

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Assessment Criteria

Outcome 1 Understand the benefits of therapy sessions

The learner can:

1. identify different types of **therapy sessions** in which an **individual** may participate
2. describe how therapy sessions can benefit an individual.

Outcome 2 Be able to prepare for therapy sessions

The learner can:

1. establish own responsibilities in preparing for a therapy session
2. identify with the individual their preferences and requirements for the therapy session
3. follow instructions to prepare the environment, materials, equipment and self for the session.

Outcome 3 Be able to provide support in therapy sessions

The learner can:

1. provide support during a therapy session that takes account of:
   - the therapist's directions
   - the individual's preferences and requirements
2. promote the active participation of the individual during the session
3. describe ways to overcome fears or concerns an individual may have about a therapy session.

Outcome 4 Be able to observe and record therapy sessions

The learner can:

1. agree what observations need to be carried out during therapy sessions
2. agree how observations will be recorded
3. carry out agreed observations
4. record agreed observations as required.

Outcome 5 Be able to contribute to the review of therapy sessions

The learner can:

1. contribute to a review of therapy sessions to identify issues and progress
2. contribute to agreeing changes to therapy sessions with the individual and **others**.

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Additional guidance

- **Therapy sessions** may include:
  - occupational therapy
  - physiotherapy
  - hydrotherapy
  - aromatherapy
- An **individual** is someone requiring care or support
- **Others** may include:
  - therapist
  - line manager
  - family
  - friends
  - advocates
  - others who are important to the individual's well-being
- **Active participation** is a way of working that recognises an individual's right to participate in the activities and relationships of everyday life as independently as possible; the individual is regarded as an active partner in their own care or support, rather than a passive recipient.