

Unit 4222-313 Implement therapeutic group activities (HSC 3008)

Level: 3
Credit value: 4
UAN: D/601/9491

Unit aim

This unit is aimed at those working in a wide range of settings. It provides the learner with the knowledge and skills required to plan, prepare and implement therapeutic group activities in collaboration and agreement with individuals and others.

Learning outcomes

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

1. Understand the principles of therapeutic group activities
2. Be able to plan and prepare for therapeutic group activities
3. Be able to support individuals during therapeutic group activities
4. Be able to contribute to the evaluation of therapeutic group activities

Guided learning hours

It is recommended that **25** 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 393.

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 line with Skills for Care and Development's QCF Assessment Principles.

Learning outcomes 2, 3 and 4 must be assessed in a real work environment, in ways that do not intrude on the privacy of individuals.

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Assessment Criteria

Outcome 1 Understand the principles of therapeutic group activities

The learner can:

1. explain how participating in **therapeutic group activities** can benefit an individual's identity, self-esteem and well-being
2. analyse reasons why a group activity rather than one to one work may be recommended in particular circumstances
3. compare key points of theories about group dynamics.

Outcome 2 Be able to plan and prepare for therapeutic group activities

The learner can:

1. work with **individuals** and **others** to agree:
 - the nature and purpose of a therapeutic group
 - specific activities to fit the purpose of the group
2. address any **risks** that may be associated with the planned activities
3. prepare the environment for a therapeutic group activity
4. prepare equipment or resources needed for the activity.

Outcome 3 Be able to support individuals during therapeutic group activities

The learner can:

1. support group members to understand the purpose and proposed activity of the group
2. support group members during the activity in ways that encourage effective communication, **active participation** and co-operation
3. give direction, praise, reassurance and constructive feedback during the activity
4. support the group to bring the activity to a safe and timely end.

Outcome 4 Be able to contribute to the evaluation of therapeutic group activities

The learner can:

1. encourage and support individuals to give feedback during and after group activities
2. agree processes and criteria for evaluating the therapeutic benefits of the group and its activities
3. carry out own responsibilities for supporting the evaluation and agreeing any revisions
4. record and report on outcomes and any revisions in line with **agreed ways of working**.

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Additional guidance

- **Therapeutic group activities** may include:
 - Reminiscence therapy
 - Relaxation and anxiety management
 - Remedial games
 - Health-related group activities
 - Art or music therapy.
- **Individuals** are those requiring care or support
- **Others** may include
 - Carers and family members
 - Line manager.
 - Therapists or other specialists who may recommend therapeutic group activities
- **Risks** may include those associated with
 - The health, safety and well-being of those in the group
 - Unintentional exclusion of some group members
 - Others involved with the group's activities
 - The environment
 - Equipment and resources used.
- **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.
- **Agreed ways of working** will include policies and procedures where these exist.