

## CHS153 Enable individual expression using creative arts therapies

### OVERVIEW

This standard is about the provision of therapeutic support that can be offered through one or more arts therapies. Practitioners will apply a range of arts therapies creative approaches, tools and techniques to assist with the development and improvement of the individual's communication skills and general well being. Users of this standard will need to ensure that practice reflects up to date information and policies Version No 1

### KNOWLEDGE AND UNDERSTANDING

You will need to know and understand:

- 1.the nature, purpose and range of therapeutic tools and techniques available and their correct use
- 2.the relevant Code of Ethics and Professional conduct
- 3.your responsibilities under current national legislation and regulations, European, International and local Guidelines, Professional Standards and Codes of Practice and how these apply to your role
- 4.the range of relevant arts therapies aids, tools and techniques that can be used in a therapeutic environment
- 5.the key concepts and principles underpinning the use of therapies-based therapy
- 6.the main psychological theories associated with the role of the art, music or drama therapist in different settings and the contribution they can make to health and social care
- 7.the concepts of confidentiality and valid consent including in relation to video and audio recordings, paintings, digital images and other art work
- 8.the value of therapy in developing insight and self-awareness through their own personal experience
- 9.the importance of the obligation to maintain fitness for practice including engagement in your own arts-based process
- 10.the need to take account of psychological, social, cultural, economic and other factors when collecting case histories and other appropriate information
- 11.the importance of a holistic approach to assessment
- 12.the methods, tools and techniques for observing and recording individual's responses, including assessing the implications for diagnosis and therapeutic planning
- 13.the importance of accessing information from a range of sources to co-ordinate

- working across different contexts for an individual
14. how to arrange investigations to assist with ascertaining the appropriateness of an intervention
  15. the psychological and cultural background to health, and the influences on the client-therapist relationship
  16. the core processes in therapeutic practice, such as the therapeutic frame, transference and counter-transference and how to engage these to achieve therapeutic outcomes
  17. the capabilities and limitations of the therapeutic approach
  18. how use of the arts in arts therapy differs from uses of the arts for other purposes
  19. the application of theories of group work and the management of group process
  20. theories of human development, normal and abnormal psychology, normal and abnormal communication and language development
  21. the core processes and forms of creativity, movement, play and dramatic representation pertinent to practice with a range of client group

## PERFORMANCE CRITERIA

You must be able to do the following:

1. confirm the individual's identity, relevant consent for therapy and the identity of carers or others who may be involved in the intervention
2. ensure you have a thorough understanding of the purpose of the intervention and the individual's history
3. explain the nature, purpose and techniques of selected therapeutic intervention to individuals and their carers and confirm understanding
4. select and use a range of arts therapies tools and techniques to meet the actual and emerging needs of the individual
5. elicit and encourage the individual's engagement with the selected arts modality
6. provide support to individuals to enable them to express themselves effectively for the purpose intended
7. observe and monitor the individual's responses to the intervention
8. respect the rights, wishes, dignity and privacy of individuals at all times
9. record and report objectively and in an approved format
  1. the results of the intervention(s)
  2. recommendations for action
10. report any relevant factors in the individual's environment that support or may be perceived as barriers to the individual's functioning or possible improvement in general well being

## ADDITIONAL INFORMATION

This National Occupational Standard was developed by Skills for Health. This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004): Dimension: HWB7 Interventions and treatments