

Unit 38: Implement Therapeutic Group Activities

Level:	3
Unit type:	Optional
Credit value:	4
Guided learning hours:	25

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.

Assessment requirements

This unit must be assessed in line with *Skills for Health Assessment Principles for Qualifications that Assess Occupational Competence* document. Detailed information can be found in *Annexe A* of the qualification specification.

Evidence for skills within learning outcomes 2, 4 and 4 must come from real work activities.

Learning outcomes The learner will:	Assessment criteria The learner can:
1 Understand the principles of therapeutic group activities	1.1 Explain how participating in therapeutic group activities can benefit an individual's identity, self-esteem and well-being
	1.2 Analyse reasons why a group activity rather than one-to-one work may be recommended in particular circumstances
	1.3 Compare theories in relation to group dynamics
2 Be able to plan and prepare for therapeutic group activities	2.1 Work with individuals and others to agree: <ul style="list-style-type: none">• the nature and purpose of a therapeutic group• specific activities to fit the purpose of the group• the monitoring or observations required as part of the group activity• own role in relation to planning and preparing for the group activity

Learning outcomes The learner will:	Assessment criteria The learner can:
	2.2 Address any risks that may be associated with the planned activities 2.3 Prepare the environment for a therapeutic group activity 2.4 Prepare equipment or resources needed for the activity
3 Be able to support individuals during therapeutic group activities	3.1 Support group members to understand the purpose and proposed activity of the group 3.2 Support group members during the activity in ways that encourage effective communication, active participation and cooperation 3.3 Support group members according to their own level of ability and need 3.4 Give direction, praise, reassurance and constructive feedback during the activity 3.5 Support the group to bring the activity to a safe and timely end
4 Be able to contribute to the evaluation of therapeutic group activities	4.1 Encourage and support individuals to give feedback during and after group activities 4.2 Agree with others processes and criteria for evaluating the therapeutic benefits of the group and its activities 4.3 Carry out own responsibilities for supporting the evaluation and agreeing any revisions 4.4 Record and report on outcomes and any revisions in line with agreed ways of working

Additional information about the unit

Exemplification of terms used in assessment criteria:

Therapeutic group activities may include:

- Reminiscence therapy
- Relaxation and anxiety management
- Remedial games
- Health-related group activities
- Art or music therapy.

Individual refers to someone requiring care or support; it will usually mean the person or people supported by the learner.

Others may include:

- Team members
- Line Manager
- Other colleagues
- Families, carers and advocates
- Outside services and organisations
- Those with power of attorney
- Other professionals
- Others who are important to the individual's well-being.

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.