PSYCHO SOCIAL SUPPORT

UNIT CODE: COD/CU/SW/CC/3/6/A

Relationship to Occupational Standards

This unit addresses the unit of competency: perform psychosocial support

Duration of Unit: 90 Hours

Unit Description

This unit cover the competencies required to perform psycho social support. It involves conducting psycho social support intake session, conducting psycho social support problem exploration, analyzing psycho social support problem and developing psycho social support action plan. It also entails conducting psycho social support follow up, conducting psycho social support action, terminating counselling activity and maintaining counselling records.

Summary of Learning Outcomes

1. Conduct Psycho social support intake session.
2. Psycho social support problem exploration
3. Analyze psychosocial support problem.
4. Psychosocial support Action plan
5. Psychosocial support follow-up
6. Conduct the action stage
7. Terminate counselling activity
8. Referral
9. Maintain counselling coded records

Learning Outcomes, Content and Methods of Assessment

Learning Outcomes	Content	Methods of Assessment
1. Conduct Psycho social support intake session.	• Meaning and importance of psychosocial support • Basic counselling skills • Behavioral/humanistic theories • Psycho social support process	• Case studies • Observation • Written tests • Assignments • Supervised exercise • Simulations

		• Professional and ethical issues in psycho social support • Establishing a healthy working relationship • Intake session • Preparation of the psychosocial support contract	
2.	Psycho social support problem exploration	• Exploration of client's experiences • Identification client's challenges • Session notes	• Case studies • Observation • Written tests • Assignments • Supervised exercise • Simulations
3.	Analyze psychosocial support problem.	• Problem exploration • Identification of presenting and underlying psychosocial problems • Session notes	• Case studies • Observation • Written tests • Assignments • Supervised exercise • Simulations
4.	Psychosocial support Action plan	• Meaning and importance of a client's action plan • Identification of possible solution to the psycho socio issues • Exploration of advantages and disadvantages of identified solutions • Selection of the best solution	• Case studies • Observation • Written tests • Assignments • Supervised exercise • Simulations
5.	Psychosocial support review	• Review of the client progress • Identification of clients challenges Identification and implementation of solutions to the	• Case studies • Observation • Written tests • Assignments • Supervised exercise • Simulations

	challenges	
6. Review client's action	• Review of the implementation of best solution by the client • Necessary revision of the clients solution	• Case studies • Observation • Written tests • Assignments • Supervised exercise • Simulations
7. Terminate counselling activity	▪ Meaning and importance of termination in counselling ▪ Counselling termination process	• Case studies • Observation • Written tests • Assignments • Supervised exercise • Simulations
8. Referral	• Meaning and importance of client referral • Preparation of client for referral • Obtaining client's consent for referral • Preparation of referral notes • Selection of appropriate referral institution	• Case studies • Observation • Written tests • Assignments • Supervised exercise • Simulations
9. Maintain counselling coded records	• Establishment of a coding system for psych social support records • Record management procedure for psycho socio support clients	• Case studies • Observation • Written tests • Assignments • Supervised exercise • Simulations

Suggested Methods of Instruction
- Group discussions and presentations
- Demonstration by trainer
- Practical work by trainer
- Exercise

- Field work
- Resource persons

Recommended resources

- Video cameras
- Tablets
- Smart phones
- SD cards and card readers
- TFT screen
- Recorders
- Suitable counselling room/environment