

FORM 258



HEALTH PROFESSIONS COUNCIL OF SA

PROFESSIONAL BOARD FOR PSYCHOLOGY

FRAMEWORK FOR EDUCATION, TRAINING, REGISTRATION

AND

SCOPE OF REGISTERED COUNSELLORS

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A FRAMEWORK FOR EDUCATION, TRAINING, REGISTRATION AND SCOPE OF REGISTERED COUNSELLORS

GLOSSARY

Community context - includes police and military services, schools, Early Child Development Centres, FET Colleges, correctional facilities, Employee Assistance Programmes, Primary Health Care Centres, District Hospitals, faith-based organizations etc.

Counselling - is a reflective, disciplined relationship between Counsellor and client(s), demanding, equal, receptive, supportive, helpful, genuine, based on trust, relationship with a view to uphold the rationale and purpose of Registered Counsellor context.

Crisis - a state of psychological turmoil in which the person concerned feels unable to cope.

Crisis intervention - counselling that focuses on acute or critical situations (e.g. victims or witnesses of crime or violence, accident victims, emergency emotional containment).

Curative— counselling that helps to alleviate distress.

Elementary understanding of psychopathology – an understanding for identification and referral purposes.

Prevention - a planned, proactive activity designed to prevent or reduce future harm.

Primary intervention includes-

- Basic mental health care;
- Identifying and addressing the basic causes of problems, or containing it so that it does not get worse (secondary intervention);
- Activities designed to reduce stressors and help develop peoples coping abilities.;

Psychological counselling intervention –Screen, assess, psychological education and training and referral.

Screening – the investigation of a possible disruption to a client's psychological wellbeing and early identification of mental health challenges.

Supportive- – counselling that assists by alleviating traumatic responses and/or assists clients to adjust to altered circumstances

Systems level - the dynamic interaction between individuals, couples, families, groups, communities and society.

RATIONALE FOR THE QUALIFICATION

The qualification is aimed at producing competent, ethical and professional practitioners who will meet the needs of South Africa in order to make primary psychological services available in diverse settings thereby enhancing psychological well-being of the public. This qualification is critical in providing good quality psychological care at primary health care level.

Qualifying practitioners are able to provide a variety of psychological services at the primary health care level. The qualification is aligned to the National Framework for Human Resources for Health in South Africa and is responsive to the psychological needs and care of the South African population in diverse contexts. The focus of the profession is on prevention, promotion and community based care.

PURPOSE OF THE QUALIFICATION

The qualifying practitioner will be registered with the Health Professions Council of South Africa to render psychological services that are focused on prevention and primary intervention for psychological difficulties in diverse community context as well as promotion of psychosocial health, within the scope of practice for Registered Counsellors which is defined according to the Health Professions Act, 1974 (Act 56 of 1974) and subsequent amendments.

ROLE OF A REGISTERED COUNSELLOR

The role of the Registered Counsellor is to make psychological services accessible to the diverse South African population and to provide psychological and preventative interventions that focus on support and promote the enhancement of wellbeing in community contexts. This includes individuals, families, groups, communities and excludes psychotherapeutic intervention.

Registered Counsellors differ from other categories of psychology in that their primary function is to prevent, promote, intervene, and appropriately refer. Their primary role at a preventative and promotional level involves screening and engaging early and appropriate levels of intervention

- Screening and identification of mental health challenges
- Containment of presenting difficulties
- Provide preventative, developmental counselling services and interventions
- Psycho-education and training
- Promotion of primary psychosocial well being
- Referral to appropriate professionals or other appropriate resources (know when to refer to a psychiatrist or psychologist)
- Working in a context appropriate, multi professional team
- Assessments (intellectual assessment, BASIC functioning, kinetic figure drawing)

OPTIONS FOR OFFERING THE B PSYCH PROGRAMME

Registration as a Registered Counsellor is contingent on completion of:

An accredited 4 year B Psych **or** Honours degree in Psychology accredited by the Board as equivalent to the B Psych degree that incorporates an approved 6 month/ or 720 hour face-to-face practicum. Counselling hours must be recorded in a logbook and countersigned by the supervisor.

REQUIREMENT OF REGISTRATION AS STUDENTS

In terms of the Regulations relating to the registration of Student Registered Counsellors published in terms of Government Notice No 287 of 9 October 2012, all students registered at an accredited institution offering education and training as Registered Counsellors have to be registered as students as from the first year of study.

In order to register as a Student Registered Counsellor, Form 53 has to be completed by each student and verified by the educational institution. The following supporting documentation must accompany the application:

1. The prescribed registration fee with proof of payment.
2. A copy of the identity document or birth certificate of the student.
3. A copy of the marriage certificate of the student (Should the student wish to register in his/ her married surname).

An additional fee in respect of each month or part of a month will be payable should the application be submitted later than **four** months after the date of registration at the Training Educational Institution.

The register for student Registered Counsellors will be effective as from 2 January 2013.

SELECTION CRITERIA

Selection of students are be done by higher educational institutions according to institutional criteria. Examples of criteria should include but not limited to the following:

ACADEMIC CRITERIA– according to the university entrance regulations for undergraduate and post graduate qualifications.

SELECTION CRITERIA– according to the accredited B Psych programme, eg

- Intra and interpersonal skills
- Potential to learn necessary skills of a Registered Counsellor
- Ability to work in a team
- Psycho social wellness
- Ability to work under pressure

- Ability to work in a community
- Ability to work with diversity
- Academic reading and writing

RPL CRITERIA – according to university procedures and regulations.

ACADEMIC TRAINING REQUIREMENTS

An academic Hons qualification at an NQF Level 8 as requirement

Academic training includes the following:

- Psychopathology
- Developmental Psychology
- Therapeutic Psychology
- Research Psychology
- Psychometric and psychological assessment
- Personality Psychology

PROFESSIONAL TRAINING

Professional training includes but is not limited to the following:

- Professional ethics and conduct
- Interviewing techniques
- Client observation skills
- Basic counselling skills
- Development of preventative and developmental programmes
- Report writing
- Conceptualization skills, bio-psychosocial and systems theory as appropriate for community interventions
- Structured trauma counselling
- Community understanding and intervention
- Psychometric competencies (within their scope of practice)
- Cultural beliefs and diversity
- Language sensitivity
- Entrepreneurial skills

- Psycho-educational skills
- A thorough grounding in the Ethical Code, the Bill of Rights and other relevant legislation.

RESEARCH PROJECT

The research project of student/Intern Registered Counsellors has to be conducted in a community setting.

PRACTICUM TRAINING

1. A practicum for Registered Counsellors forms part of a Board accredited B Psych programme;
2. The practicum training has a duration of 6 months full time or an equivalent of not more than 12 months part time;
3. The practicum may commence from the last semester of the third year;
4. This practicum may not be done in a private practice and not in a psychiatric setting;
5. The practicum should be formulated based on the model of training;
6. Practical training is being done during the duration of the four year training;
7. The practicum may not be extended beyond 3 months.

SCOPE OF PRACTICE FOR REGISTERED COUNSELLORS

Registered Counsellors are psychological practitioners who perform psychological screening, basic assessment and technically limited psychological interventions with individuals and groups, aiming at enhancing personal functioning in a variety of contexts including education, work, sport, non-governmental organizations, Non Profit Organisations, DPO and community.

More specifically, the Registered Counsellor will:

- Manage complete sub-elements of intervention programmes with associated interventions;
- Design sub-elements of intervention programmes and processes;
- Execute less advanced, more structured interventions.

The following acts resort within the scope of practice of Registered Counsellors:

- a. being the first line of community based psychological support;
- b. providing preventative and developmental counselling services;
- c. performing supportive psychological interventions to enhance emotional functioning and mental well-being;

- d. performing basic psychological screening for the purpose of mental health as a preliminary screening tool in order to refer appropriately;
- e. developing preventative and developmental interventions on all systems levels;
- f. design, implement and monitor preventative and developmental programmes appropriate for all systems levels;
- g. provide counselling in conjunction with interdisciplinary support teams;
- h. report writing and providing feedback to clients on interventions.

LIST OF PSYCHOMETRIC TESTS TO BE USED BY REGISTERED COUNSELLORS

A Registered Counsellor may use the following basic assessments for screening purposes: Draw-a-person (DAP), Kinetic Figure Drawings (KFD), incomplete sentences, reading, and spelling however excluding the projective aspect of these tests).

The following psychometric tests may be used by Registered Counsellors and should therefore receive training on these tests:

LIST OF PSYCHOLOGICAL TESTS TO BE USED BY REGISTERED COUNSELLORS

| INTELLIGENCE |
|---|
| Aptitude for School Beginners (ASB) |
| Cattell Culture Fair Intelligence Tests |
| Raven’s Progressive Matrices (RPM) |
| School-readiness Evaluation by Trained Testers (SETT) |

| ABILITY |
|---|
| Critical Reasoning Test Battery (CRTB1) (CRTB2) |
| Figure Classification Test |
| General Reasoning Test Battery (GRT2) |
| Graduate Reasoning Test Battery (GRT1) |
| Paper and Pencil Games (PPG) |

| APTITUDE |
|---|
| General and Graduate Test Batteries |
| General Scholastic Aptitude Test (GSAT) |

| LEARNING POTENTIAL |
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| *APIL |
| *Learning Potential Computerised Adaptive Test (LPCAT) |
| *TRAM-1 |
| *TRAM-2 |

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| PERSONALITY |
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| Personal, Home, Social and Formal Relations Questionnaire |
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| INTEREST |
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| Career Development Questionnaire (CDQ) |
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| Nineteen Field Interest Inventory (19FII) |
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| Occupational Interest Profile (OIP) |
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| Self-Directed Search Questionnaire (SDS) |
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| South African Vocational Interest Inventory (SAVII) |
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| Strong Interest Inventory (SII) |
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| STUDY HABITS |
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| Survey of Study Habits and Attitudes (SSHA) |
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| DEVELOPMENTAL MEASURES (not for projective purposes) |
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| Goodenough-Harris Drawing Test |
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| SCHOLASTIC |
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| ESSI Reading and Spelling Tests |
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*** The following tests require training to be provided by the test distributor**

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| SUPERVISION OF REGISTERED COUNSELLORS |
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- The accredited higher educational institution is responsible for the supervision of student/intern Registered Counsellors;
- All psychology categories may supervise a Registered Counsellor, except an Industrial and Research psychologist;
- The supervisor will be required to have 3 years post registration experience;
- The supervisor should ensure that the Intern Registered Counsellor adhere to the scope of practice of Registered Counsellors;
- 20 hours structured supervision in terms of group or individual supervision is required;
- A maximum of 1 supervisor to 5 student /Intern Registered Counsellors ratio is prescribed as part of the supervision;
- The Model for supervision is one on one or in a group setting.

TIMEFRAME FOR REGISTRATION AS REGISTERED COUNSELLORS

Candidates have to register as Registered Counsellors within 5 years of completion of the academic and practical training. The 6 months practicum must be started within 2 years after completion of the theoretical part of the accredited degree in order to be accepted to write the Board Examination.

Persons who exceed the timeframe for registration as Registered Counsellor by 5 years or more will be required to complete an additional practicum of 3 month's duration and the onus rests on individuals to ensure that they still have the required competencies to practice as Registered Counsellors.

Persons who exceeded the timeframe for registration as Registered Counsellor by five years or more will be required to submit a clearance report from the university stating that the university is satisfied / not satisfied with the candidate's theoretical knowledge and such a report should be submitted to the Education Committee for consideration.

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