

## Overview

This standard identifies the requirements when you support individuals during therapy sessions. This includes supporting individuals during sessions, carrying out observations at the time and contributing to evaluating how the sessions are meeting outcomes. It also includes preparing the environment and materials before therapy sessions and tidying them afterwards.

## Performance criteria

### *You must be able to:*

1. identify and agree the roles and responsibilities of yourself and others in supporting individuals during therapy sessions
2. establish consent and access information and guidelines on therapy sessions and activities
3. work in partnership to confirm the therapy outcomes in line with the preferences, needs and therapy plans of individuals
4. work with all involved to agree individuals preferred support to participate in therapy sessions
5. support individuals to identify and access information, resources or support they need to participate in therapy sessions and to ask questions
6. contribute to supporting the independence of individuals to select and participate in therapy sessions
7. prepare environments and resources for therapy session activities
8. prompt, assist and observe individuals whilst they participate in therapy sessions
9. contribute to supporting individuals and others to feedback on how therapy sessions met individual's preferences, needs and agreed outcomes
10. contribute your observations to the feedback
11. contribute to changes required to support individuals to participate in therapy sessions
12. clean and return resources to storage and ensure environments are left tidy and safe after therapy sessions
13. contribute to records and reports required for therapy sessions
14. reflect on how you carried out your roles and responsibilities to support individuals to take part in therapy sessions, with feedback from others

## Knowledge and understanding

### *You need to know and understand:*

1. different types of therapy sessions and outcomes they aim to achieve
2. the role therapy sessions have on the identity and self-esteem of individuals
3. how to access and review information about individuals and therapy sessions
4. how to access and follow risk assessments and risk management plans for therapy sessions
5. how to encourage and support the independence of individuals to select and participate in therapy sessions
6. how to support neurodivergence and additional needs through adaptations to therapy sessions
7. how to consider individuals accessibility needs to provide a safe environment for therapy sessions
8. the influence of culture, background and spirituality on selection and participation in therapy sessions
9. types of information, resources and support that may assist individuals during therapy sessions and how to access them
10. how and why environments should be prepared for therapy sessions and left tidy and safe after
11. the importance of ensuring activity resources are in good working order, and used correctly
12. types of sustainable practices that can be used for therapy sessions
13. how to apply trauma informed principles to support individuals prior, during and post therapy session
14. types of digital tools and devices that can support individuals during therapy sessions
15. how to carry out, record and report on observations during therapy sessions
16. how to work collaboratively with individuals and others to review and feedback on therapy sessions
17. the importance of dignity, kindness and compassion when supporting individuals to participate in therapy sessions
18. how to support emotional regulation during therapy sessions
19. how changes to individual preferences, conditions and circumstances can impact support required for therapy sessions
20. the relevant legal requirements, standards of practice, frameworks and

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guidance for supporting individuals with therapy sessions

21. the workplace requirements on equality, diversity, inclusion, and rights when supporting individuals to participate in therapy sessions

22. how to work in partnership with others during therapy sessions

23. how to respond to issues and concerns that may occur during therapy sessions

24. how your personal experiences and unconscious bias may impact when supporting individuals with therapy sessions, and how to address this

25. the role of supervision, reflective practice and learning and development in supporting individuals with therapy sessions

## Glossary

The glossary for this National Occupational Standard is available on the Skills for Care and Development website.

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