

Overview

This standard identifies the requirements for coordinating and supporting therapy sessions under the direction of a therapist. This includes working with therapists and individuals to agree on how therapies and specified therapy activities will be supported. It also includes contributing to evaluation of therapy sessions.

Performance criteria

You must be able to:

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

Knowledge and understanding

You need to know and understand:

1. different types of therapy sessions and the outcomes they aim to achieve
2. the role therapy sessions play 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, and support others to do so
5. the types of skills and training required to support therapy activities
6. how to promote and support the independence of individuals to select and participate in therapy sessions
7. how to support neurodivergence and additional needs through adaptations to therapy sessions
8. how to consider the accessibility needs of individuals to provide a safe environment for therapy sessions, and support others to do so
9. the influence of culture, background and spirituality on selection and participation in therapy sessions
10. types of information, resources and support that may assist individuals and others during therapy sessions and how to access these
11. how and why environments should be prepared for therapy sessions and left tidy and safe after, and how to co-ordinate this
12. the importance of ensuring activity resources are in good working order, and used correctly
13. how to promote sustainable practices that can be used for therapy sessions
14. how to apply trauma informed principles to support individuals with therapy session
15. how to promote the use of digital tools and devices to prepare for and use during and after therapy sessions
16. how to carry out, record and report on observations during therapy sessions
17. how to empower individuals and others to review and feedback on therapy sessions
18. the importance of dignity, kindness and compassion when supporting individuals to participate in therapy sessions
19. how to support emotional regulation during therapy sessions
20. how changes to preferences, conditions and circumstances can impact the support required for therapy sessions

21. theories relevant to coordinating and supporting therapy sessions
22. the relevant legal requirements, standards of practice, frameworks and guidance for coordinating and supporting therapy sessions
23. the workplace requirements on equality, diversity, inclusion, and rights when coordinating and supporting therapy sessions
24. how to work in partnership with others during therapy sessions
25. how to respond to issues and concerns that may occur during therapy sessions
26. how your personal experiences and unconscious bias may impact when coordinating and supporting therapy sessions, and how to address this
27. the role of supervision, reflective practice and learning and development when coordinating and supporting therapy sessions

Glossary

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

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Co-ordinate and support therapy sessions



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