



PROFESSION SPECIFIC SKILLS – AOD PRACTITIONERS/AOD SUPPORT WORKERS

Purpose: Counselling is a collaborative and interactive process characterised by a clear focus on outcomes, with counsellor and client working together to achieve goals in order to maximise success and minimise harm to the client. Counselling seeks to bring people to states of achievement and well being through change in the areas of behaviour, beliefs, and level of emotional distress. The counsellor's primary role is to motivate, engage, guide, educate, and retain clients during their treatment episode. Using an array of client centred, problem solving, and motivational techniques, counsellors are expected to emphasise the client's strengths, emphasis the client's personal responsibility for change, negotiate treatment goals, avoid unnecessary confrontation, and work with resistance.

Services provided by counsellors include:

- Assessments
- Drug and alcohol counselling including relapse prevention, education, provision of information, and planning
- Case management and referrals
- Training in vocational and life skills
- Crisis intervention
- Networking

Specific Treatments

- Brief intervention –time limited problem solving and resolution of the client's problems in a simple and efficient manner
- Problem solving – a positive goal oriented approach that recognises that problems in life are normal
- Solution focused counselling - attention is centred on generating possible solutions to problems rather than analysing the problems themselves