

Errata

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Unit: CHCCSL006 Select and use counselling therapies

Resource: Learner Guide

Update: Version 1.1 updated to Version 1.2

Affected pages: 47 and 77

Use the attached pages to update the affected document.

Most appropriate application/use

Person-centred therapy is used with individuals, groups and/or families and is used to treat a wide range of people and issues:

- ▶ People with self-esteem issues
- ▶ Depression
- ▶ Anxiety
- ▶ Social isolation or withdrawal
- ▶ Schizophrenia
- ▶ Substance misuse disorders
- ▶ Cognitive dysfunction
- ▶ Personality disorders

Solution-focused therapy

Solution-focused therapy was developed by Steve de Shazer and Insoo Kim Berg in the late 1970s. Solution-focused therapy, rather than focusing on the problem the person presents with, is future-focused, goal-directed and concentrates on the outcome.

Solution-focused therapy proposes that all people have knowledge on what will improve their life and require the counsellor to assist them with conceptualising and to action this knowledge.

Here is some more information about solution-focused therapy.

Focus

The focus of this therapy is on the solution rather than problem, and on the present and the future – not the past.

Individuals are encouraged to focus positively on what they do well, to set goals and work out how to achieve them.

If it's not broken, don't fix it.

If it works, do more of it.

If it's not working, do something different.

History of development

This therapy was developed in the late 1970s by husband and wife team Steve de Shazer (1940–2005) and Insoo Kim Berg (1934–2007) with their team at the Brief Family Center in Milwaukee, USA. It was greatly influenced by Milton Erickson who believed that everyone possessed the skills and abilities to solve their own problems and that small changes lead to bigger changes.

Some key terms used in this therapy

- ▶ Coping questions – How do you manage to do (blank)? Focus on current strengths, resilience and resources.
- ▶ Exception questions – Tell me about the times when you don't have this problem – what you are feeling, what you are doing, what is happening? These help the person realise there are solutions.

Work health and safety

Everyone has a legal obligation to carry out their work in a manner that maintains the safety of themselves and the people they support. Workers have an obligation to keep themselves and others safe at work and must plan their work with these obligations in mind. Both employers and workers have responsibilities and rights to be safe at work.

On 1 January 2012, the *Work Health and Safety Act 2011* (Cth) came into effect, replacing the *Occupational Health and Safety Act 1991* (Cth). This model legislation was developed by the Commonwealth government to harmonise work health and safety laws that existed across Australian states and territories.

The following table provides the name of the health and safety legislation and the regulator responsible for its implementation in each state and territory. All states and territories follow the model legislation except Victoria and Western Australia. Regulators have the power to prosecute organisations who breach the Act in the particular state or territory. They also produce guidelines and lots of helpful information for employees and employers on workplace health and safety.

Region	Health and safety legislation	WHS regulator
Commonwealth	<i>Work Health and Safety Act 2011</i> (Cth)	Comcare www.comcare.gov.au
Australian Capital Territory	<i>Work Health and Safety Act 2011</i> (ACT)	WorkSafe ACT www.worksafe.act.gov.au
New South Wales	<i>Work Health and Safety Act 2011</i> (NSW)	SafeWork NSW www.safework.nsw.gov.au
Northern Territory	<i>Work Health and Safety Act 2011</i> (NT)	NT WorkSafe www.worksafe.nt.gov.au
Queensland	<i>Work Health and Safety Act 2011</i> (QLD)	Workplace Health and Safety Queensland www.worksafe.qld.gov.au
South Australia	<i>Work Health and Safety Act 2012</i> (SA)	SafeWork SA www.safework.sa.gov.au
Tasmania	<i>Work Health and Safety Act 2012</i> (Tas.)	WorkSafe Tasmania www.worksafe.tas.gov.au
Victoria	<i>Occupational Health and Safety Act 2004</i> (Vic.)	WorkSafe Victoria www.worksafe.vic.gov.au
Western Australia	<i>Occupational Safety and Health Act 1984</i> (WA)	WorkSafe WA www.commerce.wa.gov.au/worksafe