

# Federation of Drug and Alcohol Professionals



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## Philosophy and Approach to Counselling

This aspect of the application should be completed by the applicant.

The evaluators want to understand your personal philosophy and approach to counselling. This should cover the theory and application of your personal approach when working with (as applicable):

- a) Individuals
- b) Couples
- c) Groups

### Philosophy of Counselling

Reflect on and evaluate your own values, priorities, interests and effectiveness and consider how you synthesise new knowledge into the development of your own practice. The following are points you may want to consider in your content:

- 1) What is counselling?
- 2) What is counselling for?
- 3) How does alcohol and drug abuse counselling differ from generic counselling?
- 4) How does counselling complement other forms of help in the alcohol & drug field?
- 5) What is my view of why people need counselling?
- 6) What needs in me does counselling fulfil?

### Description of your Approach

The following are points you may want to consider in your content:

- 1) An explanation of the history and development of your model
- 2) Clearly describe how theory informs your actual practice
- 3) Limitations in the model in the light of your client work
- 4) If your model is eclectic or integrative, how is coherence ensured
- 5) Describe how the model is congruent with your philosophy

It is suggested that applicants try and complete this section using approx. 1500-2500 words.