Foundational Helping Competencies

Foundational Helping Skills working with adults (ENACT)

Foundational Helping Skills working with children/adolescents (WeACT)

Foundational Helping Competencies

This instrument captures core skills related to how facilitators work with groups, focusing on how they structure group activities and intervention, and is intended to be used during group-based programming. The EQUIP platform includes seven GroupACT competencies.

1. Group problem solving
2. Introducing a new strategy (then practice & repeat)
3. Identifying physical sensations & coping mechanisms
4. Check in & encourage continued practice (assign homework)
5. Assessing relationships
6. Managing problems: decision analysis
7. Ability to be inclusive (Group)
8. Scheduling activities and tools
9. Psychoeducation about thoughts, feelings, behaviours & associations
10. Choosing a solution
11. Strengthening social support
12. Alcohol use & self-monitoring
13. Using thought records with in-session practice
14. Exploring alternative solutions
15. Using new strategies to build communication skills in IPs

Intervention packaged Competencies

Problem Management Plus (PM+) Competencies

The EQUIP Platform includes six behavioural activation competences

1. Psychoeducation on behavioral activation
2. Connecting mood & activities
3. Mood and activity monitoring
4. Recognizing  solvable & unsolvable problems
5. Selecting the problem
6. Identifying a new strategy (then practice & repeat)
7. Developing new thoughts, feelings, behaviors & associations: Creating alternative thoughts
8. Using thought records with in-session practice
9. Using new strategies to build communication skills in IPs

Thinking Healthy Program (THP) Competencies

Cognitive Competencies

The EQUIP Platform includes six cognitive competences

1. Psychoeducation about thoughts, feelings & behaviors
2. Connecting mood & activities
3. Identifying more difficult & unhelpful thoughts
4. Connecting thoughts, feelings & behaviors: Connecting feelings with behaviors
5. Developing new thoughts, feelings & behaviors: Can an alternative emotion be felt?
6. Giving feedback to the child
7. Psychoeducation & use of local terminology
8. Addressing barriers to attendance
9. Exploration of client’s & social support network’s explanation for problem (causal & explanatory models)
10. Identifying and correcting unhelpful thoughts

Interpersonal Competencies

The EQUIP Platform includes eight interpersonal competences

1. Psychoeducation on social functioning & impact on life
2. Verbal communication & active listening
3. Verbal communication skills
4. Rapport & relationship building
5. Empathy, warmth & genuineness
6. Relationship building & self-disclosure
7. Verification of feedback when providing advice, suggestions & recommendations
8. Rapport & relationship building
9. Understanding alcohol use & self-monitoring
10. Identifying physical sensations & coping mechanisms
11. Using thought records with in-session practice
12. Introducing a new strategy (then practice & repeat)

Motivational Enhancement Competencies

1. Psychoeducation on social functioning & impact on life
2. Verbal communication & active listening
3. Verbal communication skills
4. Rapport & relationship building
5. Empathy, warmth & genuineness
6. Relationship building & self-disclosure
7. Verification of feedback when providing advice, suggestions & recommendations
8. Rapport & relationship building
9. Understanding alcohol use & self-monitoring
10. Identifying physical sensations & coping mechanisms
11. Using thought records with in-session practice
12. Introducing a new strategy (then practice & repeat)

Problem solving Competencies

The EQUIP Platform includes seven problem solving competences

1. Recognizing solvable & unsolvable problems
2. Selecting the problem
3. Identifying a new strategy (then practice & repeat)
4. Developing new thoughts, feelings, behaviors & associations: Differences between new & previous thoughts
5. Choosing a solution
6. Implementing a solution
7. Evaluating outcomes of implementing a solution

Stress Management & Relaxation Competencies

The EQUIP Platform includes seven stress management competences

1. Psychoeducation on social functioning & impact on life
2. Verbal communication & active listening
3. Verbal communication skills
4. Rapport & relationship building
5. Empathy, warmth & genuineness
6. Relationship building & self-disclosure
7. Verification of feedback when providing advice, suggestions & recommendations
8. Rapport & relationship building
9. Understanding alcohol use & self-monitoring
10. Identifying physical sensations & coping mechanisms
11. Using thought records with in-session practice
12. Introducing a new strategy (then practice & repeat)

Technique-specific Competencies

The EQUIP Platform includes six technique-specific competences

1. Psychoeducation on social functioning & impact on life
2. Verbal communication & active listening
3. Verbal communication skills
4. Rapport & relationship building
5. Empathy, warmth & genuineness
6. Relationship building & self-disclosure
7. Verification of feedback when providing advice, suggestions & recommendations
8. Rapport & relationship building
9. Understanding alcohol use & self-monitoring
10. Identifying physical sensations & coping mechanisms
11. Using thought records with in-session practice
12. Introducing a new strategy (then practice & repeat)