

Vocationally Related Qualification  
June 2007  
Advanced Level



**ADVANCED CERTIFICATE IN COUNSELLING  
and  
ADVANCED DIPLOMA IN COUNSELLING  
Unit 1 The Developing Practitioner**

**V21W**

Wednesday 13 June 2007 9.00 am to 11.00 am

**In addition to this paper you will require:**

- a 12-page answer book.

Time allowed: 2 hours

**Instructions**

- Write the information required on the front of your answer book. The *examining body* for this paper is AQA. *The paper reference* is V21W.
- Use blue or black ink or ball-point pen.
- Answer **all** parts of both questions.
- Do all rough work in the answer book. Cross through any work you do not want marked.
- Use additional sheets of paper if necessary.
- Candidates are allowed clean published reference books and/or a copy of BACP's *Ethical Framework for Good Practice in Counselling and Psychotherapy* (2002). Strictly for own use.

**Information**

- The maximum mark for this paper is 60.
- Mark allocations are shown in brackets.

**V21W**

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Answer **all** parts of both Questions.

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Read the extract below and then answer all parts of both questions which follow.

A GP Practice in the suburbs of a large city provides counselling for its patients. You are a trainee counsellor in the final year of your Diploma and have obtained a placement with the Practice. There are two other experienced counsellors working for the Practice and you attend group supervision with them and a local supervisor. Patients are offered an initial series of six sessions, with the possibility of more if required.

A 38 year old female client is referred to you. She initially approached her GP complaining of persistent stomach pains for which scans and other tests at the local hospital have found no obvious physical cause. She does not have an extensive previous medical history, so you know relatively little about her. This patient does not seem to you to be entirely convinced of the value of counselling. Although outwardly co-operative, she indicates in her first session that she suspects that the GP thinks her problems are “all in my head”. Ideally, she would prefer to be referred to another consultant specialising in gastro-intestinal medicine. She is nevertheless willing to start telling you more about herself.

During the first session, she tells you that she has worked for many years as an administrator in a bank. She shrugs, and says “I don’t like it much, but ... what can you do”? You gather that her recent sickness record is giving cause for concern at work. She lives alone, and tells you that she has been experimenting with internet dating. She says she finds this “quite amusing sometimes” but that “you can’t really trust what people say, can you”?

1 Discuss how **one or more** of the following counselling approaches would be likely to view work with this client:

- Humanistic/Existential
- Psychodynamic
- Cognitive-behavioural

In relation to:

- (a) the therapeutic relationship likely to be formed with this client; (15 marks)
- (b) the counselling process with this client in terms of beginning, sustaining and concluding the work; (15 marks)
- (c) the possible effects on the counsellor of working with this client, including the experience of supervision; (10 marks)

2 Discuss:

- (a) the possible ethical issues arising from work with this client, with reference to the British Association for Counselling and Psychotherapy’s *Ethical Framework for Good Practice in Counselling and Psychotherapy* (2002); (10 marks)
- (b) the potential health and safety risks to both client and counsellor which might arise. (10 marks)

**END OF QUESTIONS**