



Vocationally Related Qualification

Advanced Certificate in Counselling

Specification 0510

Unit 1 The Developing Practitioner

Mark Scheme

2008 examination - January series

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

- Humanistic
- Psychodynamic
- Cognitive Behavioural

In your response, describe:

(a) The kind of therapeutic relationship you would try to form with this client.

(Total marks: 15)

Basic understanding of theory. Key elements mentioned but not described or explored.

(Marks: 0-5)

Average understanding of theory. Key elements mentioned and described but not explored.

(Marks: 6-10)

Extensive understanding of theory. Key elements mentioned, described and explored with reference to case material.

(Marks: 11-15)

(b) The likely nature of the counselling process with this client in terms of beginning, sustaining and concluding the work.

(Total marks: 15)

Basic insight into the effects of theory on the process and relationship. Key elements mentioned but not described or explored.

(Marks: 0-5)

Average insight into effects of the theories on the process and relationship. Key elements mentioned and described but not explored.

(Marks: 6-10)

Extensive insight into effects of the theories on the process and relationship. Key elements mentioned, described and explored with reference to case material.

(Marks: 11-15)

(c) The possible effects on the counsellor of working with this client, including the experience of supervision.

(Total marks: 10)

Basic insight into the effects of the process on the counsellor. Specific examples mentioned but not described or explored.

(Marks: 0-3)

Average insight into the effects of the process on the counsellor. Specific examples, including supervision, mentioned and described but not explored.

(Marks: 4-6)

Extensive insight into the effects of the process on the counsellor. Specific examples, including supervision, mentioned, described and explored with reference to case material. Some understanding of supervision shown.

(Marks: 7-10)

2. Discuss:

(a) 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).

(Total marks: 10)

Basic understanding of key elements of the Ethical Framework. Specific examples mentioned.

(Marks: 0-3)

Average understanding of key elements of the Ethical Framework. Specific examples mentioned and described.

(Marks: 4-6)

Extensive understanding of key elements of the Ethical Framework. Specific examples mentioned, described and explored with reference to case material.

(Marks: 7-10)

(b) The potential health and safety risks to both client and counsellor which might arise.

(Total marks: 10)

Basic understanding of potential risks, physical or psychological to counsellor and client. Specific examples mentioned.

(Marks: 0-3)

Average understanding of potential risks, both physical and psychological, to counsellor and client. Specific examples mentioned and described.

(Marks: 4-6)

Extensive understanding of potential risks, both physical and psychological, to counsellor and client. Specific examples mentioned, described and explored with reference to case material.

(Marks: 7-10)

Notes:

Mentioning means the candidate has included particular elements or examples in an appropriate context, e.g.:

The person-centred counsellor tries to provide the core conditions. The core conditions were defined by Rogers as Empathy, Unconditional Positive Regard or Acceptance & Congruence or Genuineness.

Describing means that some understanding of the term or phrase is demonstrated e.g.:

Empathy involves trying to sense and understand how the client is feeling and communicating this understanding to them. An attitude of unconditional positive regard involves accepting the client, however damaged they may seem, as an essentially good and constructive human being with great potential for growth. Genuineness means being honest and open with the client rather than hiding behind a professional role.

Exploring means that understanding is applied to the particular client work being discussed e.g.:

In seeking to empathise with this client, the counsellor would try to understand the mixture of strong and conflicting feelings this client is experiencing. She would encourage the client to describe and express these by reflecting back to her what she seems to be saying. The counsellor would carefully check out with the client whether or not the counsellor was understanding her accurately. The counsellor might wonder aloud about the client's plans for her own future and might well try to convey to the client that the counsellor will not seek to judge or assess her in any way.