

Vocationally Related Qualification  
June 2008  
Advanced Level



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

**V21W**

Tuesday 10 June 2008 9.00 am to 11.00 am

**For this paper you must have:**

- a 12-page answer book.

Time allowed: 2 hours

**Instructions**

- Use blue or black ink or ball-point pen.
- Write the information required on the front of your answer book. The *Examining Body* for this paper is AQA. The *Paper Reference* is V21W.
- Answer **all** parts of both questions.
- Do all rough work in the answer book. Cross through any work you do not want to be 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.
- The marks for questions are shown in brackets.

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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.

You are a trainee counsellor who obtains a placement with a drug and alcohol project in the suburbs of a large city. Clients who approach, or are referred to, this project are invited to make a financial contribution to the cost of counselling if they feel able to do so. Supervision is provided as part of the placement. Clients are offered a contract of 12 sessions only. They are told that in the event of their failing to attend two consecutive counselling sessions without prior notice, the counselling sessions will be offered to another client from the waiting list. You are told in confidence by a colleague who has been on a placement with the same project that, in reality, the 12 session limit and the cancellation policy are not always strictly enforced.

You start work with a 24-year-old male client who has a history of cocaine and amphetamine use. He eagerly tells you about a childhood which sounds to you to have been highly abusive, both physically and emotionally. He tells you that he is no longer using illegal drugs and wants your support in staying clean. He seems very excited by how easy he finds it to talk to you, and he really hopes that you will “go the distance” with him. After three sessions, you feel deeply convinced that you can really help this likeable, damaged and vulnerable young man. You find yourself eagerly looking forward to the next session with him, and are very surprised when he does not attend. He later contacts you, full of apologies. Your supervisor advises you to remind this client of the project’s cancellation policy. You feel deeply reluctant to do this, because you are convinced that the last thing he needs is someone “telling him off”. He attends session 5 and you feel relieved that the work seems to have been re-established.

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 that you would try to form with this client; *(15 marks)*
- (b) the likely nature of 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) 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**