

Vocationally Related Qualification
January 2006
Advanced Level



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

V21W

24 January 2006 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

- 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 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 only.

Information

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

V21W

Answer **all** parts of the Questions.

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

A GP Practice in a small English market town provides counselling for some of its patients. You are a trainee counsellor in the final year of your Diploma, and have obtained a placement with the practice. There is already one counsellor working for the practice, and you have also managed to arrange for supervision with another experienced counsellor in the town. Patients are offered an initial series of 6 sessions with the possibility of more if required.

One of the GP's refers a female patient aged 41 to you, with the information that this patient suffers from mild depression and anxiety. The GP is reluctant to continue prescribing anti-depressant medication and hopes that counselling will help. The patient appears greatly relieved to be seeing you. She is highly complimentary about your abilities as a counsellor, and after two sessions tells you that she trusts you far more than the GP or other professionals she has previously seen. She tells you she is married with two teenage children, and that she and her husband have not been 'getting on' for some years. She reveals to you that she is involved in a secret affair with a local businessman who is well-known in the community, and who plays golf with the GP who referred her to you.

This patient appears to you to be both excited and tormented with guilt about the secret relationship. She believes it would be disastrous if anyone other than you were to find out about it.

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) 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