

Vocationally Related Qualification
January 2008
Advanced Level



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

V21W

Tuesday 22 January 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.

Answer **all** parts of both questions.

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 well-established community counselling service in the suburbs of a large city. Clients who approach this service are asked to make a modest financial contribution to the cost of counselling, and they are offered an open-ended contract. Supervision is provided as part of the placement.

A new client is referred to you. She is a 40-year-old white British woman who has already been assessed by an experienced colleague in the placement. This client has no history of serious physical or psychological problems but very little further information is available to you from the assessment. It seems that this client has great difficulty in talking about herself and what has brought her to counselling. During the first session, she seems tense and suspicious but is gradually able to tell you that she has been married for 20 years, that she has worked for an insurance company since leaving school and that she has no children. She is well dressed and seems to have taken great care with her hair and make-up.

She tells you that she has decided to try counselling because her older sister persistently encourages her to do so. She says, “perhaps there are a few problems with my husband... nothing terrible, no worse than lots of other people cope with...”. She stares fiercely at you for a moment and says, “and don’t start trying to get me all emotional because I don’t want any of that!”. By the end of the session she seems to you to be quite angry and frustrated, although she agrees readily to make an appointment for the following week, saying, “I suppose we might as well try it... perhaps you’ll be able to tell me whether I’m normal!”

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; (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