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Vocationally Related Qualification  
January 2006  
Intermediate Level



V11W

**INTERMEDIATE CERTIFICATE IN  
COUNSELLING SKILLS**  
Unit 1 Skills Acquisition and Practice

Monday 23 January 2006 9.00 am to 10.00 am

You will need no other materials.
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Time allowed: 1 hour

**Instructions**

- Use blue or black ink or ball-point pen.
- Fill in the boxes at the top of this page.
- Answer **all** questions.
- Answer the questions in the spaces provided.
- Do all rough work in this book. Cross through any work you do not want marked.

**Information**

- The maximum mark for this paper is 40.
- The marks for questions are shown in brackets.

For Examiner's Use			
Number	Mark	Number	Mark
1		9	
2		10	
3		11	
4		12	
5			
6			
7			
8			
Total (Column 1)		→	
Total (Column 2)		→	
<b>TOTAL</b>			
Examiner's Initials			

V11W

Answer **all** questions in the spaces provided.

1 The following statements are about counselling and counselling skills.

Put a tick (✓) in the box next to each statement to show whether you consider the statement to be **true** or **false**.

	Statement	True	False
(a)	It is necessary for a helper to feel emotional about the issues being disclosed by the talker.		
(b)	The helper should share their own experiences and feelings only when they could be useful to the talker.		
(c)	Talkers are likely to reveal more about themselves through non-verbal signals (body language) than through what they say about themselves.		
(d)	Client goals should always be set by the counsellor.		
(e)	According to the BACP's, ' <i>Ethical Framework for Good Practice in Counselling and Psychotherapy</i> ' the quality 'Sincerity' means '...consistency between what is professed and what is done'.		
(f)	Clients should be encouraged to have more than one relationship with their counsellor, i.e. a dual relationship.		

(6 marks)

2 The following statements are about counselling and counselling skills.

Put a tick (✓) in the box next to each statement to show whether you consider the statement to be **true** or **false**.

	Statement	True	False
(a)	A key part of the Egan approach to helping is action planning.		
(b)	The Johari window assists awareness through self-disclosure and feedback.		
(c)	Feedback should emphasise the negative aspects of what has been observed.		
(d)	A counsellor who advises their client about their medication is breaching an ethical boundary.		
(e)	Sally is nearing the end of the second session with her client when she realises that the client is the mother of a close friend. Sally must refer this client.		
(f)	The primary role of the BACP is the training of counsellors.		

(6 marks)

6
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**Turn over for the next question**

3 State **two** circumstances where confidentiality may need to be broken.

1. ....  
(1 mark)

2. ....  
(1 mark)

2

4 Joanna, a counsellor, has been seeing her client Peter for the past two months. Both appear to be feeling ‘stuck’, i.e. the counselling process does not appear to be moving forward.

Identify **two** counselling skills that may be useful in moving the process forward.

1. ....  
(1 mark)

2. ....  
(1 mark)

2

5 Choose **one** word or phrases from the group below that most closely matches each core condition. Write your answers in the spaces provided.

- |                            |                                    |                             |
|----------------------------|------------------------------------|-----------------------------|
| <b>Conditions of worth</b> | <b>Entering the client’s world</b> | <b>Self-concept</b>         |
| <b>Congruence</b>          | <b>Non-possessive warmth</b>       | <b>Actualising tendency</b> |

1	<i>Unconditional Positive Regard</i>	<i>(1 mark)</i>
2	<i>Genuineness</i>	<i>(1 mark)</i>
3	<i>Empathy</i>	<i>(1 mark)</i>

3
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6 Choose the **three** most important reasons why a counsellor should receive regular clinical supervision, placing a tick (✓) in the appropriate boxes.

- (i) To be told how to work by an expert
- (ii) Client health and safety
- (iii) To confirm that the counsellor is working ethically
- (iv) The counsellor has a need for therapy
- (v) To assist the counsellor in providing an effective service to the client
- (vi) To receive additional training

*(3 marks)*

3
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7 Jane, a counsellor, is able to ‘get on a client’s wavelength’ (gain rapport) very quickly. She then maintains a high level of rapport.

Identify **three** things that a counsellor might do early in a session to establish a good rapport with clients.

1. ....  
(1 mark)

2. ....  
(1 mark)

3. ....  
(1 mark)

3

8 It is ten minutes until the end of a counselling session.

(a) What might a counsellor say to alert the client to the fact that the session is near to the end?

.....  
.....  
(2 marks)

(b) Give **two** counselling skills likely to be used by the counsellor to bring the session to a close.

1.....  
(1 mark)

2.....  
(1 mark)

4

9 Give **three** examples of how a counsellor could demonstrate *Active Listening* within a helping relationship.

1 ..... (1 mark)

2 ..... (1 mark)

3 ..... (1 mark)

3

10 The use of silence is regarded as a counselling skill.

Give **two** reasons why a counsellor may use silence during a counselling session.

1 ..... (1 mark)

2 ..... (1 mark)

2

**Turn over for the next question**

11 Explain the difference between counselling and counselling skills.

.....

.....

.....

.....

.....

.....

(4 marks)

—
4

12 Which **two** of the following counselling skills are most likely to be useful when working in the ‘here and now’? Place a tick (✓) in the appropriate boxes.

(i) Evaluation

(ii) Helper’s self-disclosure

(iii) Setting goals

(iv) Summarising

(v) Immediacy

(2 marks)

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2

**END OF QUESTIONS**