| Surname    |        |     |  | Othe | r Names |            |  |  |
|------------|--------|-----|--|------|---------|------------|--|--|
| Centre Nur | nber   |     |  |      | Candid  | ate Number |  |  |
| Candidate  | Signat | ure |  |      |         |            |  |  |

9.00 am to 10.00 am

• Do all rough work in this book. Cross through any work you do not

ASSESSMENT and QUALIFICATIONS

ALLIANCE

For Examiner's Use Number Mark Number Mark 1 9 2 10 3 11 4 5 6 7 8 Total (Column 1) Total (Column 2) \_ TOTAL Examiner's Initials

V11W

Vocationally Related Qualification June 2006 Intermediate Level

Monday 12 June 2006

Time allowed: 1 hour

• Answer all questions.

want marked.

Information

Instructions

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

You will need no other materials.

• Use blue or black ink or ball-point pen.

• Fill in the boxes at the top of this page.

• The maximum mark for this paper is 40.

• The marks for questions are shown in brackets.

• Answer the questions in the spaces provided.

V11W

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

1 The following statements are about counselling and counselling skills.

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

|     | Statement   | True | False |
|-----|---|------|-------|
| (a) | Summarising should be used only at the end of a counselling session.  |      |       |
| (b) | In giving feedback to the talker, the listener should start with positive observations.                                     |      |       |
| (c) | Empathy and identification are interchangeable terms.   |      |       |
| (d) | Challenges should be made by the listener very early in the counselling relationship in order to establish their authority. |      |       |
| (e) | Unconditional positive regard involves being non-judgemental.   |      |       |
| (f) | A listener who is using 'genuineness' will be disclosing personal details about themselves.                                 |      |       |

(6 marks)

2 The following statements are about counselling skills and the core theories of counselling.

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

|     | Statement   | True | False |
|-----|---|------|-------|
| (a) | The Egan Model of counselling is especially concerned with devising strategies to solve problems.   |      |       |
| (b) | Identifying blind spots is a key part of helping.   |      |       |
| (c) | Cognitive–Behavioural theory states that 'to make sense of experience we use reason and intellect'. |      |       |
| (d) | Psychodynamic theory focuses on the observable parts of human nature.                               |      |       |
| (e) | Egan Stage I strategies involve action planning.  |      |       |
| (f) | Humanistic theory sees humans as driven by unconscious urges.                                       |      |       |

(6 marks)

## Turn over for the next question

6

3

5 This question is about self-disclosure by the helper during a counselling session. From the list below, select two key benefits and two possible risks involved in self-disclosure. Write your answers in the appropriate box. **Appearing weak** Working ethically **Sharing experience** Shifting the focus Showing genuineness Keeping to boundaries **Possible risks:** Key benefits: 1..... 1..... 2..... 2..... (4 marks) 6 Developing and maintaining the helping relationship can include the use of challenge. Describe two examples of client behaviour where challenge may be appropriate. 1..... ..... (2 marks) 2..... (2 marks)

5

4

G/H150474/Jun06/V11W

7 Describe how a counsellor might prepare their client for the ending of their course of sessions together. (3 marks) There are several types of question that a helper might ask, including: 8 open closed rhetorical leading hypothetical Which type of question is being asked in each of the examples given below? Write your answers in the spaces provided. 'When you put yourself in your mother's shoes, can you see her point of view?' (a) (1 *mark*) 'Did you say that you have two sisters?' (b) ..... (1 mark)(c) 'Do you agree with me that families need to be together?' (1 mark)

3

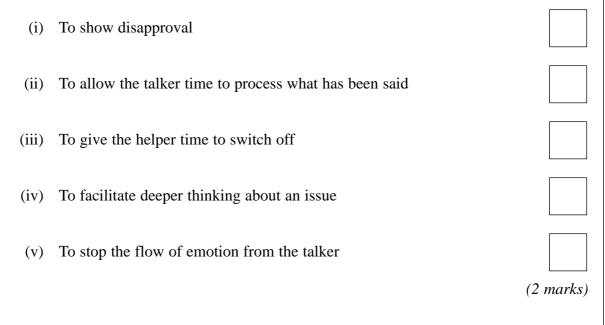
**9** For goal-setting to be effective, a number of criteria need to be met.

From the list below, select the **three** most important criteria for effective goal-setting, placing a tick ( $\checkmark$ ) in each of the appropriate boxes.

|    |            | (i)           | Needs to be time-limited  |              |
|----|------------|---------------|---|--------------|
|    |            | (ii)          | Used when 'stuck'   |              |
|    |            | (iii)         | Should be measurable  |              |
|    |            | (iv)          | Should be realistic   |              |
|    |            | (v)           | Enables the counsellor to lead the client                               |              |
|    |            |               |   | (3 marks)    |
|    |            |               |   |              |
| 10 | The        | follow        | ving statements are definitions of counselling skills used by a helper. |              |
|    | Write      | e the i       | name of each defined skill in the space provided.                       |              |
|    | (a)        |               |   |              |
|    |            | Rest          | ating the client's meaning using different words                        |              |
|    |            | Rest          | ating the client's meaning using different words                        | (1 mark)     |
|    | (b)        |               |   |              |
|    | (b)        |               |   | (1 mark)     |
|    | (b)<br>(c) | Pres          | enting facts or feelings to highlight a discrepancy                     | (1 mark)     |
|    |            | Pres          | enting facts or feelings to highlight a discrepancy                     | (1 mark)     |
|    |            | Prese<br>Feed | enting facts or feelings to highlight a discrepancy                     | (1 mark)<br> |

Turn over for the next question

11 Managing silence can be a useful tool in counselling.Put a tick ( ) against the two most appropriate reasons for a helper to use silence.



## END OF QUESTIONS

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