

Surname		Other Names	
Centre Number		Candidate Number	
Candidate Signature			

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Vocationally Related Qualification
 January 2007
 Intermediate Level



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

V11W

Monday 22 January 2007 9.00 am to 10.00 am

You will need no other materials.

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 at the end of each question.

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			

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)	A nurse can use counselling skills without needing counselling supervision.		
(b)	Counsellors should be prepared to offer their clients legal and medical advice.		
(c)	The 'Unknown' part of the Johari Window also represents the unconscious mind.		
(d)	A rhetorical question needs no response.		
(e)	The Ethical Principle <i>Beneficence</i> means: acting in the best interest of the client.		
(f)	Silence should be used to help the talker to suppress their feelings.		

(6 marks)

6

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 client reports that she/he is always seeking the approval of others. This is an example of 'conditions of worth'.		
(b)	A key task of the counsellor is to promote client dependency.		
(c)	The Ethical Principle <i>Non-Maleficence</i> means: avoiding exploitation or incompetence.		
(d)	A client is not normally informed when a counsellor has to break confidentiality.		
(e)	Closed questions should never be used by a counsellor.		
(f)	A counsellor provides counselling to her clinical supervisor. This is an example of a 'dual relationship'.		

(6 marks)

6

Turn over for the next question

Turn over ►

3 Select the **three** key ideas from the list below that are most closely associated with the Person-Centred (Humanistic) approach to counselling. Enter them in (a) to (c) below.

Uniqueness of individual experience
Setting objectives and goals
Homework
Congruence

Automatic negative thoughts
Actualising tendency
Defence mechanisms
Reality-checking

(a)
(1 mark)

(b)
(1 mark)

(c)
(1 mark)

3

4 What might a Listener do unintentionally that could prevent effective communication with a talker?

Give **three** examples of what a listener might be doing to set up these barriers.

(a)
.....
(1 mark)

(b)
.....
(1 mark)

(c)
.....
(1 mark)

3

- 5 Rosemary has contracted to counsel Alan for 12 sessions; they have reached session five. Alan has freely told most of his story, but only at a factual level. Rosemary is aware that in order for Alan to move forward he needs to address his feelings more openly.

Identify **three** counselling skills that Rosemary could use to help Alan to express his feelings.

(a)
(1 mark)

(b)
(1 mark)

(c)
(1 mark)

3

Turn over for the next question

Turn over ►

6 The three parts of this question relate to ethical and health and safety issues in counselling.

Sineeta, a counsellor, has been seeing her client Jan for a few months, about her marital problems. Jan’s husband is obsessively jealous and is occasionally violent towards her. Sineeta has established a trusting relationship with Jan.

How should Sineeta react ethically to the following events?

(a) Sineeta encounters Jan and her husband in a supermarket. What should Sineeta do?

.....
.....

(1 mark)

(b) Jan says that she and her husband have been arguing a lot lately. She asks Sineeta whether she will see them together for counselling. How should Sineeta respond?

.....
.....

(1 mark)

(c) Sineeta telephones Jan at home to change an appointment and Jan’s husband answers the phone. What is Sineeta’s best course of action?

.....
.....

(1 mark)

3

7 Challenge is an important counselling skill but should be used with care.

- (a) Give an example of an appropriate challenge and say in what way a counsellor might use it to move the session on.

.....

.....

.....

(2 marks)

- (b) Give an example of a clumsy challenge and say how it might set back the counselling relationship.

.....

.....

.....

(2 marks)

4

8 In Person-Centred Counselling, the counsellor puts into place the three ‘Core Conditions’.

Enter the name of each of the **three** Core Conditions in the spaces below.

- (a) (1 mark)

- (b) (1 mark)

- (c) (1 mark)

3

Turn over ►

9 This question is about the psychodynamic model.

Complete the boxes below by inserting the one phrase that best matches each heading.

negative self-talk
moral judge
in touch with reality

non-possessive warmth
instinctual desires
hierarchy of needs

EGO	ID	SUPEREGO

(3 marks)

3

10 Aruna, a counsellor, is seeing a new client, Peter, for their first session. As part of the 'contracting' process, she sets out boundaries or limits that will be necessary.

Briefly describe **two** of these boundaries.

(a)

.....

(1 mark)

(b)

.....

(1 mark)

2

11 Endings in counselling, both within each session and at the end of a series of sessions, need to be prepared and planned. In the two examples given below, enter a suitable phrase that the counsellor could say, to prepare the client for the ending.

(a) Ten minutes before the end of a fifty-minute session.

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

(b) At the end of Session Seven, preparing the client for the planned ending at Session Ten.

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

4

END OF QUESTIONS

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