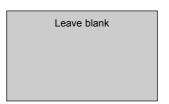
Surname	Surname				r Names			
Centre Number					Candida	ate Number		
Candidate Signature								



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 (Co	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 (\checkmark) 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)

_

2 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)	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

	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)		
talk		(1 mark) could prevent effective communication with be doing to set up these barriers.
talk	three examples of what a listener might be	could prevent effective communication with
talk Give (a)	three examples of what a listener might b	could prevent effective communication with be doing to set up these barriers.
talk Give	three examples of what a listener might b	could prevent effective communication with be doing to set up these barriers.
talk Give (a)	three examples of what a listener might b	could prevent effective communication with be doing to set up these barriers.

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 avorder for Alan to move forward he needs to address his feelings more openly.	vare that in
Identify three counselling skills that Rosemary could use to help Alan to express feelings.	his
(a)	(1 mark)
(b)	(1 mark)
(c)	(1 mark)

Turn over for the next question

6

2

(1 mark)

LEAVE

MARGIN BLANK

	(2 marks)
(b) Give an example of a clumsy challenge and say how it might set ba relationship.	ck the counselling
	(2 1)
	(2 marks)
In Person-Centred Counselling, the counsellor puts into place the three 'C	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)
	(1 mark)

9	This	question	is	about	the	psychodyna	amic	model.	
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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

to be	ngs in counselling, both within each session and at the end of a series of sessions, need a prepared and planned. In the two examples given below, enter a suitable phrase that ounsellor 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)

END OF QUESTIONS

11

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