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Centre Number		Candidate Number	
Candidate Signature			

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Vocationally Related Qualification  
 June 2007  
 Intermediate Level



V11W

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

Tuesday 12 June 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 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			
4			
5			
6			
7			
8			
Total (Column 1)		→	
Total (Column 2)		→	
<b>TOTAL</b>			
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**.

	<b>Statement</b>	<b>True</b>	<b>False</b>
(a)	Counsellors should regularly examine their own lifestyles and inner lives.		
(b)	Paraphrasing should be long and detailed.		
(c)	Counselling skills are just a set of techniques.		
(d)	The counsellor's theoretical knowledge will decide the outcome of work with a client.		
(e)	A counsellor working in a cross-cultural setting will gain by learning about local customs and practices.		
(f)	The best helpers are those who believe that they have the answers to life's problems.		

(6 marks)

2 The following statements relate to some of the underpinning models of counselling.

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)	The superego is involved with gaining pleasure through self-gratification.		
(b)	The Cognitive-Behavioural counsellor often focuses on the analysis of dreams.		
(c)	When Transference takes place, the talker may respond to the helper as if they are a figure from the talker's past.		
(d)	The Person-Centred Approach is a type of directive counselling.		
(e)	Empathy is where the helper feels just the same as the talker.		
(f)	Cognitive Therapy involves the correction of faulty beliefs.		

(6 marks)

6
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**Turn over for the next question**

3 A helper can support the talker and promote communication through their use of non-verbal signals, also known as ‘minimal encouragers’.

List **three** of these below.

- (a) .....  
*(1 mark)*
- (b) .....  
*(1 mark)*
- (c) .....  
*(1 mark)*

3
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4 A counsellor cannot be expected to work with every client. Give **three** brief reasons why a counsellor may need to refer a client.

- (a) .....  
.....  
*(1 mark)*
- (b) .....  
.....  
*(1 mark)*
- (c) .....  
.....  
*(1 mark)*

3
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5 When working on goal-setting with a client, a counsellor needs to help her to set specific goals.

In the table below, identify whether the stated goal is either general or specific by placing a tick (✓) in the appropriate box.

	Stated Goal	General	Specific
(a)	Play more with children		
(b)	Invite three friends to dinner next Wednesday		
(c)	Raise my self-esteem		
(d)	Think about taking a holiday in the next couple of months		

(4 marks)

4	
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6 When deciding whether to challenge a talker, the helper needs to exercise care.

(a) Identify **two** reasons for using careful challenge.

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

2. ....  
 .....  
 (1 mark)

(b) Robert, a counsellor, has been seeing his client Donna for 4 sessions. Robert has become aware of a discrepancy between Donna’s criticism of her husband, and her description of the way in which she behaves towards him, which has been accepting and uncritical.

What phrase, in the form of a challenge, might Robert use to highlight this discrepancy to Donna?

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

4
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7 Andrew, a counsellor, has been seeing his client Helen for several sessions. It has become clear to Andrew that Helen is highly resistant to his help, indeed she has said that she does not want to change.

Of the six options given below, tick the **three** that are most likely to overcome her resistance.

- (a) Using his personal values, Andrew should persuade Helen that help is needed.
- (b) He should challenge or confront this resistance.
- (c) He should impose his will on Helen to get her to change.
- (d) He should ignore her resistance and just ask her to continue.
- (e) He should consider referral.
- (f) He should use immediacy to bring the issue into the open.

(3 marks)

3
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8 Clients often appear to be talking about their feelings when they are actually talking about their thoughts. Decide whether the following responses are either thoughts or feelings.

Tick (✓) the appropriate box – note that only **one** box in each row should be ticked.

	Response	Thought	Feeling
(a)	I feel I'd like to know him better.		
(b)	I feel anger welling up inside whenever I meet her.		
(c)	I feel that we could work well together.		
(d)	I feel washed out after that long meeting.		
(e)	I feel it would be good for him.		

(5 marks)

5	
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9 The following statements relate to endings in counselling.

Tick the **three** statements that are most likely to lead to satisfactory endings.

- (a) Suggest some goals that the client should set themselves.
- (b) Encourage the client to introduce new topics.
- (c) Review and summarise key points.
- (d) Point out that the client can always telephone you after the ending.
- (e) Prepare the client well ahead for termination phase.
- (f) Check out the client's feelings about the ending.

(3 marks)

3

10 Below are three definitions of counselling skills. Read each definition, then enter the name of the actual skill in the box alongside each definition.

	Definition	Name of Skill
(a)	Requesting information from a client in a way that encourages them to expand on an issue.	
(b)	Pointing out to the client discrepancies or inconsistencies in their feelings or behaviour.	
(c)	Feeding back to the client, briefly and in a slightly altered form, some key aspects of their 'story'.	

(3 marks)

3

**END OF QUESTIONS**

**There are no questions printed on this page**