



Vocationally Related Qualifications

Intermediate Certificate in counselling Skills

Specification 0505

Unit 1 Skills Acquisition and Practice

Mark Scheme

2008 examination - January series

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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)	Giving factual information is the same as giving advice.		✓
(b)	A key function of the BACP is counsellor accreditation.	✓	
(c)	Counsellors must ensure that confidentiality is never broken.		✓
(d)	In the BACP's Ethical Framework 'Fidelity' means having trust in the practitioner.	✓	
(e)	Counselling succeeds best when the counsellor is able to control their client's emotions.		✓
(f)	Advanced empathy usually involves a challenge.	✓	

1 mark for each correct response.

(6 marks available for this question)

2 The following statements are about the three major theoretical approaches to 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 cognitive-behavioural approach looks mainly for unconscious meaning.		✓
(b)	Carl Rogers distinguished between the 'real self' and the 'ideal self'.	✓	
(c)	The psychodynamic counsellor is more likely than the person-centred counsellor to examine the process of transference in a counselling relationship.	✓	
(d)	'Condition of worth' arise out of seeking approval from significant others.	✓	
(e)	The 'id' acts as our 'moral guardian'.		✓
(f)	A feature of person-centred counselling is that of setting homework.		✓

1 mark for each correct response.

(6 marks available for this question)

- 3 A counsellor, Geraldine, talks about a personal issue with her supervisor. After some discussion, the supervisor advises her to stop seeing clients for a period.

Briefly describe **three** personal issues that may affect Geraldine’s suitability to continue counselling.

Solution

Examples include:

- Counsellor suffered recent bereavement (1 mark)
- Counsellor is acutely or chronically ill (1 mark)
- Counsellor going through emotional personal issues eg divorce (1 mark)
- Counsellor suffering stress-related illness or ‘burnout’ (1 mark)
- Counsellor is suffering from an addiction of alcohol or drugs (1 mark)

(3 marks available for this question)

- 4 The following table contains descriptions of different types of questions. Write the name of each type of question in the space provided.

Solution

Description of Question	Type of Question
A question that is not expected to receive a response.	Rhetorical (1 mark)
A question that encourages the talker to expand on a topic.	Open (1 mark)
A question that contains within it, what the questioner wants to hear in response.	Leading (1 mark)

(3 marks available for this question)

- 5 (a) Give **one** example of a case where a challenge from the counsellor may help to move the client forward.

Solution

One mark for one of these responses:

- When relationship is well established
- When directly confronting discrepancies
- Where client is discounting own defences
- Where client is not acknowledging own risk-taking behaviour
- Where client does not recognise their strengths
- When client has contradicted a previous statement
- When client is game-playing

Accept anything sensible along these lines that directly relates to use of challenge.

Not acceptable: single word answers that do not describe what is happening in the counselling process.

(1 mark)

- (b) Give **one** example of an inappropriate challenge during counselling.

One mark for one of these responses.

Solution

- If attempted too early in relationship (1 mark)
- If used aggressively or as retaliation (1 mark)
- If persistently used (1 mark)
- If client was emotionally fragile (1 mark)
- Counsellor imposing own views through domineering (1 mark)

(2 marks available for this question)

- 6 Helping clients to set effective goals is an important counselling activity. Goals should be clear, specific and achievable.

Below are **three** *vague* goals put forward by clients. Rewrite below each goal in a format that is more likely to promote action.

- (a) ‘I must get round to decorating my kitchen... .’

Solution

New Goal

‘I will purchase paint this week and start decorating by next Wednesday’. (1 mark)

- (b) ‘I need to cut down on my alcohol consumption... .’

Solution

New Goal

‘Starting today I will have no more than 3 units of alcohol in any one day, and have at least 3 ‘dry’ days a week. (1 mark)

- (c) ‘I want to get some new friends... .’

Solution

New Goal

I will increase my social network by joining... eg Ramblers, Social Club, Sports Club, Special Interest Group or something similar. (1 mark)

(3 marks available for this question)

7 Give **two** reasons why it is important for counsellors to have regular counselling supervision.

Solution

- Maintaining competence (1 mark)
- Professional support/personal development (1 mark)
- Protection of supervisee and client (1 mark)
- Maintenance of ethical standards (1 mark)

Not acceptable: personal counselling, job appraisal

(2 marks available for this question)

8 Tony has been counselling his client Ann for six sessions; there are four sessions remaining. He decides that in session seven he will start to prepare Ann for the ending of their counselling contract.

Describe **three** forms of action necessary for Tony to bring the counselling relationship to an appropriate end.

Solution

Something on the lines of:

- Carry out a review of progress made (1 mark)
- Discuss forthcoming ending with client (1 mark)
- Allow client to express feelings associated with this ending (1 mark)
- Remind client nearer time of ending that their relationship is coming to a close (1 mark)
- Look forward to the future when counselling has finished (1 mark)

(3 marks available for this question)

- 9 Carl Rogers' **three** core conditions of person-centred counselling are given in the following table.

Which of the descriptions given below most accurately describes each core condition?
Write your answer in the spaces provided.

Reaching own potential *Being congruent* *An actualising tendency*
Actively listening *Hierarchy of needs* *Non judgemental warmth*
Understanding client's perspective *Taking a holistic approach* *Gaining rapport*

Core Condition		Description
(a)	Empathy	<i>Understanding client's perspective</i> (1 mark)
(b)	Unconditional Positive Regard	<i>Non-judgemental warmth</i> (1 mark)
(c)	Genuineness	<i>Being congruent</i> (1 mark)

(3 marks available for this question)

- 10 When actively listening to a client, it is important for a counsellor to be aware of their own barriers or ‘filters’ that may act as a block to listening.

Identify **three** possible barriers or ‘filters’ that may affect a counsellor’s quality of active listening.

Solution

Quite a wide range of responses may be expected. Correct answers include:

- **Prejudice** or **bias** about the client – including racism, sexism, ageism (1 mark)
- Counsellor’s **own experience** similar to client’s – may cause over-identification, sympathy or inappropriate prompting (1 mark)
- Counsellor may experience **counter-transference** with client (1 mark)
- Counsellor **being distracted** by fear, worry, anger or anxiety (1 mark)
- **Mentally rehearsing** a reply and thereby losing track of client’s story (1 mark)
- **Fatigue or illness** can affect listening and concentration (1 mark)
- Counsellor has suffered a recent significant loss (1 mark)

No mark should be given for reference just to an aspect of body language, such as ‘eye contact’.

Acceptable answers must include a description of the reason for a block or filter, as given above. Just putting down ‘tired’ or ‘bias’, should not gain the candidate a mark.

(3 marks available for this question)

- 11 Professional counselling is different from just using counselling skills.

Give **three** features of professional counselling that highlight the differences.

Solution

Features include:

- Counsellor is trained to appropriate level in counselling (1 mark)
- Contract set up and/or boundaries put in place (1 mark)
- Meet at set time and place (1 mark)
- Duration of sessions and regularity of meetings established (1 mark)
- May involve payment of fee (1 mark)
- Work within formal ethical guidelines (1 mark)
- Counsellor has regular supervision (1 mark)

Acceptable responses must directly relate to *professional* counselling.

(3 marks available for this question)

12 Counsellors` should work ethically and not exploit their clients by abusing their powers.

Describe **three** ways in which a counsellor could exploit their clients.

Solution

Examples include:

Sexual exploitation	(1 mark)
Financial exploitation	(1 mark)
Emotional or psychological exploitation	(1 mark)
Inappropriate legal advice	(1 mark)
Unqualified medical advice	(1 mark)
Trying to 'take over' aspects of client's life	(1 mark)
Playing 'mind-games'	(1 mark)
Deliberately creating dependence	(1 mark)
Breaking of confidentiality	(1 mark)

(3 marks are available for this question)

(40 marks available for overall test)

INTERMEDIATE CERTIFICATE IN COUNSELLING SKILLS CERTIFICATE (0505)

Assessment Objective	Question which addresses this Assessment Objective
Know the meaning of the term Counselling Skills as defined by the BACP. *	1, 11
Know the place of counselling skills on a helping continuum.	1, 3, 5, 6, 7, 11
Know health and safety precautions	1, 3, 12
Understand how counselling skills relate to helping as a process.	1, 4, 5, 6, 7, 10, 11, 12
Identify and demonstrate the Active Listening Skills required for establishing a helping relationship.	1, 4, 5, 6, 10
Understand the need to move helping interviews forward.	3, 5, 10
Understand, at a basic level, some concepts from the three main "roots" of counselling.	2, 9
Demonstrate the skills needed to develop and maintain the helping relationship.	1, 3, 4, 5, 7, 10
Understand how endings are an integral aspect of the helping process.	6, 8
Demonstrate how endings are an opportunity for growth, in relation to goal and target setting.	6, 8
Demonstrate the appropriate skills to conclude a helping relationship.	6, 8

* meaning of the term is not currently defined by BACP.