

Surname		Other Names	
Centre Number		Candidate Number	
Candidate Signature			

For Examiner's Use
--------------------

Vocationally Related Qualification  
January 2008  
Intermediate Level



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

**V11W**

Monday 21 January 2008 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 to be 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			
Question	Mark	Question	Mark
1		9	
2		10	
3		11	
4		12	
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)	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 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.		

(6 marks)

6
---

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)	'Conditions 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.		

(6 marks)

6
---

**Turn over for the next question**

**Turn over ►**

- 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.

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

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

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

3
---

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

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

3
---

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

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

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

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

2

- 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 each goal in a format that is more likely to promote action.

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

New Goal: .....  
 .....  
 (1 mark)

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

New Goal: .....  
 .....  
 (1 mark)

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

New Goal: .....  
 .....  
 (1 mark)

3

Turn over ►

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

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

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

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.

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

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

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

2

3

- 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 answers in the spaces provided.

*Reaching own potential*  
*Actively listening*  
*Understanding client's perspective*

*Being congruent*  
*Hierarchy of needs*  
*Taking a holistic approach*

*An actualising tendency*  
*Non-judgemental warmth*  
*Gaining rapport*

Core Condition		Description
(a)	Empathy	(1 mark)
(b)	Unconditional Positive Regard	(1 mark)
(c)	Genuineness	(1 mark)

3
---

**Turn over for the next question**

**Turn over ►**

- 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.

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

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

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

3
---

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

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

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

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

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

3
---



**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.

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

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

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

<b>3</b>

**END OF QUESTIONS**

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

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

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