

Surname						Other Names					
Centre Number						Candidate Number					
Candidate Signature											

For Examiner's Use
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Vocationally Related Qualification  
 June 2008  
 Intermediate Level



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

**V11W**

Monday 9 June 2008 9.00 am to 10.00 am

<b>You will need no other materials.</b>
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Time allowed: 1 hour

**Instructions**

- Use black ink or black ball-point pen.
- Fill in the boxes at the top of this page.
- Answer **all** questions.
- You must answer the questions in the spaces provided. Answers written in margins or on blank pages will not be marked.
- 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			
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)	Empathy can be demonstrated by the counsellor relating their own experience of a situation to the client.		
(b)	Paraphrasing allows the counsellor to check on the accuracy of their listening.		
(c)	Congruence means that there is a mismatch between what is said and the accompanying body language.		
(d)	Advanced Empathy involves working in the 'here and now'.		
(e)	Counsellors should not challenge the client's habitual ways of reacting to a situation.		
(f)	Counselling supervision is only carried out on a one-to-one basis		

(6 marks)

6
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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)	Psychodynamic counselling focuses on promoting human potential.		
(b)	The cognitive-behavioural counsellor will try to seek out faulty beliefs.		
(c)	The concept of ego is commonly used in psychodynamic counselling.		
(d)	Person-centred counselling arose out of work by the psychotherapist Carl Rogers.		
(e)	Person-centred counselling concentrates on finding evidence for negative thinking.		
(f)	A prominent feature of cognitive-behavioural therapy is the analysis of transference.		

(6 marks)

6
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**Turn over for the next question**

**Turn over ►**



3 Give **three** important considerations to take into account when goal-setting.

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

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

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

3

4 In the BACP Ethical Framework ‘Non-Maleficence’ is described as ‘a commitment to avoiding harm to the client’.

Give **three** examples of the types of ‘harm’ that the counsellor should avoid creating in their relationship with the client.

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

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

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

3



5 Self-disclosure by the counsellor can be valuable but should be used sparingly.

Describe **two** risks and **two** benefits of self-disclosure by the counsellor.

**Risks**

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

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

**Benefits**

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

5 (d) .....  
.....  
(1 mark)

4

**Turn over for the next question**

**Turn over ►**



- 6 (a) In some circumstances a counsellor may need to refer their client to another person or agency.

From the options given below choose the **two** most sound reasons for referring a client. Place a tick (✓) in the appropriate box.

- 6 (a) (i) Client has become very emotional
- 6 (a) (ii) Counsellor feels sexually attracted to the client
- 6 (a) (iii) Client exhibits signs of mental disorder
- 6 (a) (iv) Counsellor becomes aware that the client is closely related to the counsellors supervisor
- 6 (a) (v) Client attempts to hug the counsellor

(2 marks)

- 6 (b) When referring a client the counsellor should proceed ethically. From the following options set out below choose the **two** best courses of action to be taken by a counsellor when referring a client. Place a tick (✓) in the appropriate box.

- 6 (b) (i) Send all counselling notes to place of referral
- 6 (b) (ii) Discuss the possibility of referral with client first
- 6 (b) (iii) Set up referral then let client know what is happening
- 6 (b) (iv) Provide referral agency with summary of help already given
- 6 (b) (v) Agree to see client again at the end of their referral sessions

(2 marks)

4
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7 The Johari Window can act as an aid to self-awareness. It consists of four 'areas' the 'Arena' or 'Open' area contains *information that is known to that person and known to others*.

7 (a) What type of information is contained within the 'Blind Area'?

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

7 (b) What type of information is contained within the 'Hidden Area'?

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

7 (c) What type of information is contained within the 'Unknown Area'?

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

3

8 Active Listening involves more than just passively receiving information.

Describe **three** things that an active listener might be doing in a counselling session.

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

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

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

3

Turn over ►



9 There are a number of different types of questions used in counselling. In the spaces below construct an actual example of a question that clearly fits the type given.

9 (a) Closed: .....  
.....  
(1 mark)

9 (b) Hypothetical: .....  
.....  
(1 mark)

9 (c) Open: .....  
.....  
(1 mark)

3

10 It is important for a counsellor to quickly establish an effective helping relationship with a client.

Describe **three** things that a counsellor should do, in the first couple of sessions, to build this relationship.

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

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

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

3





**11** This question is about concepts from Humanistic theory. From the list below select the phrase that most accurately describes each concept listed and write it in the appropriate box.

**Concerned with the whole person**

**Achieving one's potential**

**Values placed on one by someone else**

**The act of valuing oneself**

**Sharing one's thoughts, feelings**

**Moving towards fulfilling one's potential**

<i>Actualising Tendency</i>	(1 mark)
<i>Conditions of Worth</i>	(1 mark)

2
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**END OF QUESTIONS**



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