



Level 3 Certificate in Counselling Theory (Jan 2016)

PLEASE SIGN AND DATE BELOW TO CONFIRM DETAILS AND THAT YOU UNDERSTAND THE INSTRUCTIONS BEFORE YOU BEGIN THIS ASSESSMENT

Centre	
Centre ID	
Learner surname	
Other names	
Learner ID	
Time allowed	2 hours
Signature	
Date	15/ 01/2016 10:57
Total number of pages this question paper consists of	12 pages
If you have used any additional sheets for your answers please identify the number here	

Instructions

- Check all paper details are correct.
- Sign the paper in the signature box to confirm your identity.
- Use black ink or black ball-point pen.
- Answer the questions in the spaces provided, any answers written outside the area provided for the question **will not be marked**.
- If you require additional space to answer a question request additional pages from your invigilator.
- Write the number of additional pages you use with this exam in the box provided above.
- Do all rough work in your answer book. Cross through any work you do not want to be marked.
- Total of 35 marks are available for this paper.

Information

- This is a closed-book exam.
- Candidates are not allowed to take notes or books into the exam.



Section A

Answer all questions in this section.

The questions in this section are about the three main theoretical approaches to counselling, namely:

- Cognitive-Behavioural
- Humanistic
- Psychodynamic



Question 1

Each of the following three key concepts is mainly used in one of the above approaches.

State which of the three main approaches is most likely to use this concept:

a) Conditions of worth

.....
(1 mark)

b) Conditioned response

.....
(1 mark)

c) Countertransference

.....
(1 mark)

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Question 2

Give an example of a theorist well known for developing the following idea:

a) Actualising Tendency

.....
(1 mark)

b) Splitting

.....
(1 mark)

c) Negative Automatic Thoughts

.....
(1 mark)



Question 3

Consider the following 4 definitions.

- (1) *"the view that human beings are motivated by various needs, and that these needs can be clearly prioritised"*
- (2) *"a metaphor for the psychologically containing attitude of the counsellor towards the client"*
- (3) *"an assignment agreed with and carried out by a client between one counselling session and another"*
- (4) *"the deliberate practice of identifying with clients empirical and achievable objectives"*

For each definition:

State the key theoretical concept, idea or intervention you believe is being defined:

1
.....
(1 mark)



2

(1 mark)

3

(1 mark)

4

(1 mark)



For each of the definitions provided, state which of the three main approaches to counselling (Cognitive-Behavioural, Humanistic, Psychodynamic) is most likely to use the concept being defined:

Question 4

1

(1 mark)

2

(1 mark)

3

(1 mark)

4

(1 mark)

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Question 5

There are certain *'interventions'*, or ways of working, particularly likely to be used by each of the three main approaches to counselling. Consider the following three descriptions of such interventions:

1 Empty chair technique

2 Use of countertransference

3 Disputing irrational beliefs

For each description:

State which of the three main approaches to counselling (Cognitive-Behavioural, Humanistic, Psychodynamic) is most likely to use the intervention being described:

1

..... (1 mark)

2

..... (1 mark)

3

..... (1 mark)



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[End of test]