



Level 3 Certificate in Counselling

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	
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Time allowed	2 hours
Signature	
Date	01/02/2003 23.59
Total number of pages this question paper consists of	9 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.
- 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 39 marks are available for this paper.



Section A

Answer all questions in this section.

The questions in this section are about the 3 main theoretical approaches to counselling, namely:

- Cognitive-Behavioural
- Humanistic
- Psychodynamic



Question 1

Each of the following 3 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) Unconditional positive regard

.....
(1 mark)

b) Negative automatic thoughts

.....
(1 mark)

c) Transference

.....
(1 mark)



Question 2

Name a theorist well known for developing the following approach:

(a) Psychodynamic

.....
(1 mark)

(b) Humanistic

.....
(1 mark)

(c) Cognitive-Behavioural

.....
(1 mark)



Consider the following 4 definitions.

- (1) *"an enduring concept, assumption or core belief about oneself, others and events generally"*
- (2) *"to sense the client's private world as if it were your own, but without ever losing the "as if" quality...."*
- (3) *"the phenomenon in counselling and therapy whereby the client unconsciously relates to the counsellor/therapist as if to a significant person.....from the past."*
- (4) *" a concept referring to the development phase of the earliest months in which the baby frequently splits her/his experience of a parent into categories of good and bad"*

For each definition:

Question 3

State the key theoretical concept you believe is being defined:

- (1)
.....
(1 mark)
- (2)
.....
(1 mark)
- (3)
.....
(1 mark)
- (4)
.....
(1 mark)

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Question 4

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:

(1)

.....
(1 mark)

(2)

.....
(1 mark)

(3)

.....
(1 mark)

(4)

.....
(1 mark)

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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 3 descriptions of such interventions:

- (1) Interpretation of dreams
- (2) Gestalt experiments
- (3) Using Socratic questions

For each description:

Question 5

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]