



## Level 3 Certificate in Counselling Theory (Jan 2017)

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	14/12/2016
Total number of pages this question paper consists of	14 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 **41 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 3 main theoretical approaches to counselling, namely:

- Cognitive-behavioural
- Humanistic
- Psychodynamic

These approaches take different views of the likely origins of clients' problems.

Are the following statements true or false? Tick the appropriate box.

**Question 1**

Cognitive-behavioural theory asserts that anxiety and depression are common results of repression.

True

False

(1 mark)

**Question 2**

Humanistic theory focusses in particular on early childhood.

True

False

(1 mark)

**Question 3**

Psychodynamic theory regards defence mechanisms as a useful concept.

True

False

(1 mark)

**Question 4**

Splitting is a key idea in Cognitive-behavioural theory.

True

False



(1 mark)

**Question 5**

Negative Automatic Thoughts is a very important concept in humanistic theory.

True

False



(1 mark)

**Question 6**

In the Cognitive-behavioural approach, Schemas are important in understanding the origin of a client's problems.

True

False



(1 mark)

Past Paper January 2017

**Question 7**

The 3 main approaches (Cognitive-behavioural, Humanistic and Psychodynamic) to counselling take different views of how counselling can help.

The following **key concepts** come originally from **one** of the 3 approaches.

For **each concept**, show which approach is **most relevant** by ticking the appropriate box.

Counter-transference

Cognitive-behavioural

Humanistic

Psychodynamic

(1 mark)

**Question 8**

Locus of evaluation

Cognitive-behavioural

Humanistic

Psychodynamic

(1 mark)

**Question 9**

Self-structure

Cognitive-behavioural

Humanistic

Psychodynamic

(1 mark)



**Question 10**

Projective identification

- Cognitive-behavioural
- Humanistic
- Psychodynamic



(1 mark)



**Question 11**

Catastrophizing

- Cognitive-behavioural
- Humanistic
- Psychodynamic



(1 mark)



**Question 12**

Reaction formation

- Cognitive-behavioural
- Humanistic
- Psychodynamic



(1 mark)

Past Paper January 2017

**Question 13**

The following are examples of **interventions** (or ways of working) typical of one of the 3 main theoretical approaches (Cognitive-behavioural, Humanistic and Psychodynamic) to counselling.

For **each intervention**, show which approach is **most relevant** by ticking the appropriate box.

Reconceptualisation

Cognitive-Behavioural

Humanistic

Psychodynamic

(1 mark)

**Question 14**

Congruence

Cognitive-behavioural

Humanistic

Psychodynamic

(1 mark)

**Question 15**

Interpretation of the transference

Cognitive-behavioural

Humanistic

Psychodynamic

(1 mark)



**Question 16**

Setting homework tasks

- Cognitive-behavioural
- Humanistic
- Psychodynamic



(1 mark)



**Question 17**

Communication of empathic understanding

- Cognitive-behavioural
- Humanistic
- Psychodynamic



(1 mark)



**Question 18**

Using diversion techniques

- Cognitive-behavioural
- Humanistic
- Psychodynamic



(1 mark)



Past Paper January 2017













**Question 21**

Read the following scenario and answer the question which follows.

*Boris is in the second year of his geography degree studies at university. Both his parents are teachers and have actively encouraged him to become an academic. Boris is struggling to attend lectures and submit his essays on time. He says this makes him anxious and he worries that he is becoming depressed. He gets up early most mornings to go to training with the college rugby team. He says this always makes him feel better for a while, especially because he may soon be good enough to play for the university's first team. He says that his parents think rugby is a waste of time because he will never make a living at it. He is afraid of disappointing them but doesn't know if he will manage to cope with his studies.*

Choose **one** of the three main approaches to counselling (Humanistic, Psychodynamic or Cognitive-behavioural).

Name three key concepts from the approach you have chosen which you think might help a counsellor to understand what is going on for Boris. Explain your answers to show your understanding of why these concepts might be helpful.

Concept 1:

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(3 marks)





Past Paper January 2017

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