



Level 4 Diploma in Counselling Practice (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 10:58
Total number of pages this question paper consists of	26 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.
- Read the scenario on the next page and then answer all the questions.
- Total of 54 marks are available for this paper.

Information

- This is an open book exam.
- Candidates are allowed to take into the exam published reference books that are free from annotations and highlighted text and a copy of the BACP's Ethical Framework for Good Practice in Counselling and Psychotherapy, strictly for own personal use.



Scenario

You have obtained a placement at *Aspirations*, a local charity that provides counselling services to individuals and organisations. One of the town's largest employers has a contract with *Aspirations* to provide counselling for all its employees on demand. This is on the proviso that no more than 10 sessions are provided on each occasion that an employee accesses the service. The counselling is provided at no cost to the employee, but if an employee presents twice in a calendar year *Aspirations* must obtain consent from the HR manager before offering a third series of sessions.

William has attended 7 of his second set of 10 sessions this year and has come to talk about workplace stress. You were not his counsellor in his first set of sessions but you know from the assessment notes that this was also what he talked about then.

William describes mornings where he has to 'talk himself' into getting out of the house and travelling to work on the bus. When he gets off the bus and during the short walk to his office his 'legs turn to jelly' and he 'breaks out into a cold sweat'. William says it takes him an enormous amount of mental energy to get into the office such that he has to have 20 minutes sat at his desk before he can turn on his computer. Other colleagues in the office have begun to notice this and 'he knows they are talking about him'.

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(12 marks)



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(9 marks)



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Past Paper January 2016



Past Paper January 2016

(12 marks)



Past Paper January 2016



Past Paper January 2016



Past Paper January 2016

(9 marks)



Past Paper January 2016



Past Paper January 2016



Past Paper January 2016

(9 marks)





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[End of test]