



Level 3 Certificate in Counselling Theory (Jan 2018)

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	08/01/2019
Total number of pages this question paper consists of	16 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 **40 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

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**

In the Cognitive-behavioural approach, blockages to the actualising tendency are seen as the cause of all psychological difficulty.

True

False

(1 mark)

**Question 2**

Psychodynamic theory holds that with the right emotional conditions, growth motivations increase in strength.

True

False

(1 mark)

**Question 3**

In Humanistic theory, the organismic valuing process is seen as central to the idea of a true and unique self.

 True False

(1 mark)

**Question 4**

Humanistic counselling takes an information processing approach to the client.

 True False

(1 mark)

**Question 5**

Negative automatic thoughts are a key idea in Psychodynamic theory.

 True False

(1 mark)

**Question 6**

Projective identification is an important concept in the Cognitive-behavioural approach.

 True False

(1 mark)



The **three main** approaches to counselling take different views of how counselling can help.

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

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

Question 7

Drive Theory

Cognitive-behavioural

Humanistic

Psychodynamic

(1 mark)



Question 8

Gaining insight

Cognitive-behavioural

Humanistic

Psychodynamic

(1 mark)



Question 9

Information processing

Cognitive-behavioural

Humanistic

Psychodynamic

(1 mark)

**Question 10**

Organismic self

 Cognitive-behavioural Humanistic Psychodynamic

(1 mark)

**Question 11**

Negative automatic thoughts

 Cognitive-behavioural Humanistic Psychodynamic

(1 mark)



The following are examples of **interventions** (or ways of working) typically used in one of the three main theoretical approaches to counselling.

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

Question 12

Graded exposure

 Cognitive-behavioural Humanistic Psychodynamic

(1 mark)

**Question 13**

Free association

- Cognitive-behavioural
- Humanistic
- Psychodynamic



(1 mark)

**Question 14**

Interpretation

- Cognitive-behavioural
- Humanistic
- Psychodynamic



(1 mark)

**Question 15**

Relaxation techniques

- Cognitive-behavioural
- Humanistic
- Psychodynamic



(1 mark)

**Question 16**

Empty chair technique

 Cognitive-behavioural Humanistic Psychodynamic

(1 mark)





Section B

The questions in this section are about the strengths and limitations of the three main approaches to counselling, namely:

- Cognitive-behavioural (CBT)
- Humanistic
- Psychodynamic

Read the following scenario and answer the questions which follow.

Sheila, a trainee counsellor on a Diploma course, is approached by her friend Susan seeking advice about what sort of counselling she might find helpful. Susan is able to afford to see a private practitioner, and wants to get started soon. CBT is available at the local GP surgery, but there is a long waiting list, so Sheila decides against that option. Sheila knows that both humanistic and psychodynamic counselling are available near where Susan lives.

Susan says her main problem is constantly feeling criticised by both her partner and her boss. She tried seeing a counsellor last year and did not like the way the counsellor “only seemed interested in my early childhood”. She says she needs to know the counsellor really understands her as she is today and won’t judge her. She wants to see someone who believes she will find her own solutions with the right kind of support.



Explain, with reference to the scenario and to relevant key ideas, why you think the other approach available would probably be less helpful to Susan.

Dotted lines for writing.

(3 marks)



Question 18

Now read the following statements and descriptions and answer the questions which follow.

Many trainee counsellors become very enthusiastic about humanistic counselling. Some counselling practitioners, however, believe that it has significant limitations with some clients and with some presenting issues.

Give three examples of possible limitations of humanistic counselling. For each example, explain your answer with reference to key ideas from the humanistic approach.

Example 1).....
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Explain your answer

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(3 marks)



Example 2).....

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Explain your answer

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(3 marks)



Example 3).....

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Explain your answer

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(3 marks)



Question 19

Counsellors using this approach tend to adopt a ‘neutral’, relatively ‘anonymous’ stance when working with clients. This can be frustrating for individuals who prefer a more engaged, “active” therapist. It’s not uncommon for these individuals to drop out of counselling prematurely.

To which of the three main theoretical approaches is this description most relevant?

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(1 mark)

Explain your choice with reference to the description and to the possible strengths and limitations of the approach you have chosen.

.....
(3 marks)



[End of test]