



## Level 3 Certificate in Counselling Theory (June 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	02/06/2016
Total number of pages this question paper consists of	13 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 39 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**

Cognitive-Behavioural theory works on the premise that much of human experience takes place unconsciously.

True

False

(1 mark)

**Question 2**

Humanistic theory takes a positive and optimistic view of human nature.

True

False

(1 mark)

**Question 3**

Psychodynamic theory places a lot of emphasis on relationships in early childhood.

True

False

(1 mark)

**Question 4**

Self-actualisation is a key idea in cognitive-behavioural theory.

True

False



(1 mark)

**Question 5**

Repression and regression are very important concepts in humanistic theory.

True

False



(1 mark)

**Question 6**

In the Cognitive-Behavioural approach, Learning Theory is important in understanding the origin of a client's problems.

True

False



(1 mark)

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**Question 7**

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.

Transference

Cognitive-Behavioural

Humanistic

Psychodynamic



(1 mark)

**Question 8**

Actualising tendency

Cognitive-Behavioural

Humanistic

Psychodynamic



(1 mark)

**Question 9**

Conditioning

Cognitive-Behavioural

Humanistic

Psychodynamic



(1 mark)



**Question 10**

Interpretation

- Cognitive-Behavioural
- Humanistic
- Psychodynamic



(1 mark)



**Question 11**

Conditions of worth

- Cognitive-Behavioural
- Humanistic
- Psychodynamic



(1 mark)



**Question 12**

Negative automatic thoughts

- Cognitive-Behavioural
- Humanistic
- Psychodynamic



(1 mark)

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**Question 13**

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.

Socratic questioning

Cognitive-Behavioural

Humanistic

Psychodynamic

(1 mark)

**Question 14**

Interpretation of dreams

Cognitive-Behavioural

Humanistic

Psychodynamic

(1 mark)

**Question 15**

Unconditional positive regard

Cognitive-Behavioural

Humanistic

Psychodynamic

(1 mark)



**Question 16**

Working at relational depth

- Cognitive-Behavioural
- Humanistic
- Psychodynamic



(1 mark)



**Question 17**

Working with unconscious processes

- Cognitive-Behavioural
- Humanistic
- Psychodynamic



(1 mark)



**Question 18**

Transparency

- Cognitive-Behavioural
- Humanistic
- Psychodynamic



(1 mark)





**Section B**

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

- Cognitive-Behavioural
- Humanistic
- Psychodynamic



Read the following scenario and answer the questions which follow.

*Rosemary, a young woman of 23, decides to approach a counsellor for help. The counsellor explains that a maximum of 10 sessions is available. Rosemary has been struggling with a fear of flying for some time. She tells the counsellor that she sees this problem as a kind of disability that she hopes can be cured quickly. She says she does not believe in the sort of counselling which in her words involves "going back to my childhood".*

**Question 19**

i) Choose and state which one of the three approaches (Humanistic, Psychodynamic or Cognitive-Behavioural) you believe would be most likely to help Rosemary

(1 mark)

ii) Explain your choice with reference to key ideas from the approach **chosen above**.

(4 marks)

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iii) Explain why you think **one** of the other approaches would be less helpful to Rosemary.

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(2 marks)



Read the following description and answer the questions which follow.

*This approach is likely to be appropriate for clients who are interested in self-exploration and understanding the real meaning and origin of their problems. It is less likely to be useful for those who expect a warm relationship or great deal of guidance from their counsellor.*

**Question 20**

i) State which one of the three approaches (Humanistic, Psychodynamic or Cognitive-Behavioural) you believe is **most** likely to fit this description.

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(1 mark)

ii) Explain your choice with reference to key ideas from the approach **chosen above**.

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(4 marks)

iii) State which **one** of the other approaches is **least** likely to fit this description and explain your choice.

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(2 marks)

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Read the following description and answer the questions which follow.

*The limitations of this approach essentially reflect the limitations of the counsellor. There is a danger of this approach limiting itself by its traditional emphasis on the here and now.*

**Question 21**

i) State which **one** of the three approaches (Humanistic, Psychodynamic or Cognitive-Behavioural) you believe is most likely to fit this description

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(1 mark)

ii) Explain your choice with reference to key ideas from the approach **chosen above**.

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(4 marks)



iii) State which **one** of the other approaches is **least** likely to fit this description and explain your choice.

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(2 marks)



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[ End of test ]