



Level 3 Certificate in Counselling Theory (June 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	
Total number of pages this question paper consists of	12 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**

Psychodynamic counselling starts from the assumption that individuals move instinctively toward the realisation of their inherent potential.

True

False

(1 mark)

**Question 2**

Conflict between the actualising tendency and the self-concept is a key idea in psychodynamic counselling.

True

False

(1 mark)

**Question 3**

The internal, subjective or perceptual frame of reference is a fundamental idea in Rogers's theories.

 True False

(1 mark)

**Question 4**

According to Cognitive theory, the way in which people interpret their experiences determines how they feel and act.

 True False

(1 mark)

**Question 5**

Psychodynamic counselling is aimed at helping people correct erroneous thinking habits and distortions.

 True False

(1 mark)

**Question 6**

The conditioned reflex is a key idea in Freud's theories.

True

False



(1 mark)

**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.

Unconditional positive regard.

Cognitive-behavioural

Humanistic

Psychodynamic



(1 mark)

**Question 8**

Countertransference

Cognitive-behavioural

Humanistic

Psychodynamic



(1 mark)

**Question 9**

Actualising tendency

- Cognitive-behavioural
- Humanistic
- Psychodynamic



(1 mark)

**Question 10**

Object relations

- Cognitive-behavioural
- Humanistic
- Psychodynamic



(1 mark)

**Question 11**

Splitting

- Cognitive-behavioural
- Humanistic
- Psychodynamic



(1 mark)

**Question 12**

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 likely to use it** by ticking the appropriate box

Communication of empathic understanding

Cognitive-behavioural

Humanistic

Psychodynamic

(1 mark)

**Question 13**

Disputing irrational beliefs

Cognitive-behavioural

Humanistic

Psychodynamic

(1 mark)

**Question 14**

Non-judgmental acceptance

Cognitive-behavioural

Humanistic

Psychodynamic

(1 mark)

**Question 15**

Collaborative teaching

 Cognitive-behavioural Humanistic Psychodynamic

(1 mark)

**Question 16**

Reality testing

 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
- Humanistic
- Psychodynamic

Read the following scenario and answer the questions which follow.

Peter is an experienced counsellor who carries out assessment interviews with clients seeking help from the project where he works. He has a choice of referring clients to either a psychodynamic or a cognitive –behavioural counsellor. There are no specific limits to the number of sessions which can be provided.

Errol, a young man of 25, tells Peter that he wants therapy to help with the specific problem of his fear of public speaking. He says he hopes for a quick result, and wants to be offered suggestions as to how to tackle this problem, rather than, as he says, "spending ages talking about my feelings".



Question 17

Of the two choices available to Peter, choose and state which approach you consider most likely to suit Errol.

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(1 mark)

Explain your choice with reference to the scenario and to key ideas from the approach you have chosen.

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(3 marks)

Explain, with reference to the scenario and to relevant key ideas, why you think the other approach available in Peter’s project would be less helpful to Errol.

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(3 marks)



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

The Cognitive-behavioural approach (CBT) has become very popular. Some counselling practitioners, however, believe that it has significant limitations with some clients and with some presenting issues.

Question 18

Give **three** examples of possible limitations of CBT. For each example, explain your answer with reference to key ideas from CBT.

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)



Unconditional positive regard, while ideal, may be hindered at times by the therapist's own reactions. It's also not always realistic as some clients are very difficult to work with and will challenge even the most self-aware and well-meaning therapist.

Question 19

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

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(1 mark)

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

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(3 marks)



Some individuals have a difficult time accepting the premise that unconscious factors play a significant role in the problems they're experiencing. They may also be uncomfortable with the emphasis on the therapeutic relationship itself.

Question 20

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

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(1 mark)

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

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(3 marks)





[End of test]