



Level 3 Certificate in Counselling Theory (June 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	15/08/2018
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 **40 marks** are available for this paper.

Information

This is a closed-book 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 (CBT)
- 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 maintains that psychological disturbance exists when there is a conflict between a person's tendency to actualise in one direction and his/her self-actualisation, which may lie in another direction.

True

False

(1 mark)

**Question 2**

Humanistic theory holds that psychopathology is best understood in terms of incongruence.

True

False

(1 mark)

**Question 3**

Psychodynamic theory states that each individual has a strong motivation for self-development and growth.

True

False

(1 mark)

**Question 4**

Humanistic theory asserts that anxieties are based on unconscious phantasies about the world.

True

False

(1 mark)

**Question 5**

The Cognitive-Behavioural approach seeks to link past experiences with cut-off aspects of the self which can be brought back into use through the therapeutic relationship.

True

False

(1 mark)

**Question 6**

Projective identification is an important concept in the Psychodynamic approach.

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.

**Question 7**

Organismic valuing

Cognitive-Behavioural

Humanistic

Psychodynamic

(1 mark)

**Question 8**

Necessary and sufficient conditions

Cognitive-Behavioural

Humanistic

Psychodynamic

(1 mark)

**Question 9**

Overgeneralisation

Cognitive-Behavioural

Humanistic

Psychodynamic

(1 mark)

**Question 10**

Internal conflict resolution

- Cognitive-Behavioural
- Humanistic
- Psychodynamic



(1 mark)

**Question 11**

Esteem needs

- 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

Disputing irrational beliefs

- Cognitive-Behavioural
- Humanistic
- Psychodynamic



(1 mark)



Question 13

Use of countertransference

- Cognitive-Behavioural
- Humanistic
- Psychodynamic



(1 mark)



Question 14

Recognising contact boundary disturbances

- Cognitive-Behavioural
- Humanistic
- Psychodynamic



(1 mark)



Question 15

Minimal self-disclosure

- 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.

Sadiq is the clinical director of a voluntary project which offers counselling to the local community.

Fees are on a sliding scale according to income. The number of sessions offered is agreed on a case by case basis between Sadiq, the counsellor and their supervisor. Part of Sadiq's role is to carry out assessment interviews with new clients and then to choose which of his team of counsellors on placement would be likely to be most helpful. The counsellors available are all in the final year of their three-year Diplomas at two different training providers. One provider teaches a traditional psychodynamic approach while the other is fundamentally person-centred.

Elsie comes for an assessment with Sadiq. She is 63 years of age and was widowed 18 months ago.

Her children are both living abroad and her contact with them is intermittent. She has recently retired from her long and satisfying career as a school teacher and now seems to be struggling to find much meaning and purpose in her life. She feels able to pay for long term therapy if necessary. She says she feels "it is important to look forward rather than to dwell on what might have been".





If Sadiq chooses a psychodynamically trained counsellor, how might they approach working with Elsie?

In your answer, explain what you see as the pros and cons of this choice in terms of helping Elsie.

Make reference to the scenario and to key ideas from the psychodynamic approach.

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(6 marks)



(3 marks)



Now read the description below and answer the 2 questions which follow.

It is easier to use this approach when the client’s difficulties can be readily defined as problems to be solved. Its emphasis on self-help may be a challenge.

Question 19

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

(1 mark)



[End of test]