Level 4 Diploma in Counselling Practice (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	**17 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 60 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 (2016/2018), strictly for own personal use.

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Scenario

Nadenka arrives for her second session with her 12-month-old baby. She tells you that she is physically unwell and had considered cancelling her appointment but was desperate to see you. She says that she has struggled with being a single parent both practically and emotionally. Her health visitor says that both her and the baby are doing well, and she should be proud of the way she is looking after him. During the session, she discloses that the Benefits Agency has stopped her money and that she must attend a meeting at the office which is two miles from the counselling centre later that day. She has no money for the bus. She says that she feels completely useless and now wonders why she is wasting your time.

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Question 1

In the table below are three groups of key concepts from the three main core theoretical models of counselling. Choose **ONE** group of concepts and explain how these might relate to Nadenka's situation described above.

Group ONE	Empathy Unconditional Positive Regard Locus of Evaluation
Group TWO	Negative Automatic Thoughts Mood Diary Collaboration
Group THREE	Denial Insight Transference

Which group of concepts have you chose to explain?

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Explanation of how these might relate to Nadenka.

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Explain your answer

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(9 marks)

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Question 2

Choose ONE concept from any group in the table in question one and explain the strengths and limitations of that concept in the work with Nadenka.

Which concept have you chosen?

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Strengths

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(3 marks)

Limitations

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(3 marks)

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Question 3

As Nadenka is preparing to leave the session she asks you if you could loan her the bus fare, promising faithfully to pay you back when her benefits are restored.

A) Answer the first of the following question YES or NO and then explain your answer. Marks will be awarded for the explanation not the decision.

Would you loan her the money or not?

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With reference to ethical considerations explain your decision.

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(3 marks)

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B) Describe how you would explain your decision to Nadenka in a way that was intended to preserve the therapeutic alliance.

Description of response to Nadenka.

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(3 marks)

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C) In relation to your core theoretical model describe how you would justify your decision to your supervisor.

Description of justification to supervisor.

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(3 marks)

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Question 4

When you next arrive at your placement, the manager informs you that Nadenka has telephoned saying that the Benefits Agency has agreed to emergency payments to cover food and other essentials pending a full case review. This does not allow her enough money to travel for appointments so the manager and your supervisor have suggested that it is wise to end the counselling over the telephone and then Nadenka can refer herself back to the counselling agency once circumstances permit.

A) In the light of this new information and Nadenka's original presentation identify THREE of your own thoughts and/or feelings and explain how each of them might affect the proposed telephone ending

Thought/Feeling ONE

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(2 marks)

Likely impact on ending process

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(3 marks)

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Thought/Feeling TWO

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(2 marks)

Likely impact on ending process

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(3 marks)

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Thought/Feeling THREE

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(2 marks)

Likely impact on ending process

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(3 marks)

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B) You telephone Nadenka to discuss the ending of your counselling relationship. She tells you that she can only stay on the telephone for ten minutes.

What would be the priorities for your conversation with Nadenka given the limited time? Give three examples and in each case evaluate its impact on any future counselling relationship with her.

Priority ONE

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(2 marks)

Likely impact on future counselling relationship

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(3 marks)

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Priority TWO

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(2 marks)

Likely impact on future counselling relationship

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(3 marks)

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Priority THREE

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(2 marks)

Likely impact on future counselling relationship

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(3 marks)

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Question 5

Three months after the telephone ending Nadenka refers herself back to the counselling agency. The placement manager says that she has specifically asked for you to be her counsellor. You agree with your supervisor that you should re-establish a counselling relationship with her.

Describe how you would re-build and sustain a therapeutic alliance with Nadenka after the break in counselling.

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(6 marks)

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[End of test]

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