



AIM Awards Level 2 Certificate in Counselling Skills (Jan 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	1 hour
Signature	
Date	15/ 01/2016 10:56
Total number of pages this question paper consists of	10 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.

**Question 2**

Choose the word or phrase from the list A to H below that **most closely** relates to each of the sentences 1 - 6 below. Write the correct letter in each box.

- A – Reflection
- B – Challenging
- C – Closed Questions
- D – Summarising
- E – Open Questions
- F – Paraphrasing
- G – Leading question
- H – Silence

1. This is a skill used when trying to convey that you have understood what the client is saying.
2. This particular skill is helpful to tie together multiple parts of what the client brings.
3. You might ask this type of question to help the client tell their 'story' in more detail.
4. Generally, this skill is not used at the beginning stage of the helping process.
5. You might ask this type of question to get specific information from a client.
6. This skill is useful to show to the client that you are listening.

(6 marks)



Question 3

Rakesh was very anxious about his first counselling session. He was particularly worried that he wouldn't remember everything that his client was going to tell him. Rakesh arranged the counselling room so that he could sit at a table that would give him somewhere to rest his notepad and pen. When Tony knocked on the door Rakesh shouted 'come in' and motioned with his pen for Tony to sit on the armchair opposite the table.

Identify **four** things you would do differently to Rakesh and explain how these would help to build a good working relationship with Tony.

1

..... (1 mark)

Explanation

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.....
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.....
.....
..... (2 marks)

2

..... (1 mark)

Explanation

.....
.....
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.....
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..... (2 marks)



3

(1 mark)

Explanation

(2 marks)

4

(1 mark)

Explanation

(2 marks)

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Question 4

(a) Name **five** elements that Rakesh should mention when he is establishing a contract with Tony.

1.

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(1 mark)

2.

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(1 mark)

3.

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(1 mark)

4.

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(1 mark)

5.

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(1 mark)

(b) Suggest one ethical reason why it is important to contract with clients.

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(2 marks)

**Question 5**

In the middle stages of counselling it is important to use skills and techniques to enable the relationship to be maintained and develop. The following statements are about the middle stage.

Write **true** or **false** underneath each statement.

a) Basic attending skills are important in this stage.

.....
(1 mark)

b) Counsellors should mention the contract at every session so the client remembers what to expect.

.....
(1 mark)

c) Counselling at this stage often allows the client to 'see' their problem from a number of different perspectives.

.....
(1 mark)

d) Challenging and immediacy are two of the key skills in this stage of the relationship.

.....
(1 mark)

e) The client must develop an action plan in this stage.

.....
(1 mark)

f) Appropriate self-disclosure in this stage will help deepen the trust between counsellor and client.

.....
(1 mark)

**Question 6**

Kieran is working in a counselling agency that provides short-term counselling (six sessions) and is currently at session two with his client Holly. Kieran is new to counselling and comes to you for advice about ending the relationship with Holly.

- (a) When would you advise Kieran to start to prepare Holly for the end of the counselling relationship? Explain your answer.

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(3 marks)



(b) Describe **three** forms of action necessary for Kieran to bring the counselling relationship to an appropriate end.

1

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(1 mark)

2

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(1 mark)

3

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(1 mark)



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[End of test]