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39	A	B	C	D	E

PRACTICE QUESTIONS

ADDCD

COUNS

Counselling in Social care

EDITION

Demo

QUESTIONS

9

FORMAT

Limited Edition PDF

Before you begin

What this is

9 practice questions for ADDCD COUNS , each with its answer key and an explanation.

Answer a question before you read its key — the explanation is worth more once you have committed.

If something looks wrong

Send us three things and we will check it:

- the exam code, COUNS
- the question number
- the email address on your order

Write to **support@mometrix.net**. We reply within one business day.

QUESTION 1 SINGLE CHOICE

A counsellor working in a social care setting is asked by a colleague to share details from a service user's counselling sessions to help with a care plan review. Which action best reflects appropriate professional boundaries?

- ☐ A Share the information because the colleague is part of the same care team and it supports the service user's wellbeing.
- ☒ B **Decline to share session content and, with the service user's consent, offer to discuss general progress or relevant observations only.**
- ☐ C Provide a full written transcript of the sessions to the colleague so the care plan can be properly informed.
- ☐ D Refer the colleague directly to the service user so the service user can decide what to disclose.

ANSWER B

WHY Counselling content is confidential. The correct approach is to protect confidentiality and only share information outside sessions with the service user's informed consent, typically framed as general progress rather than detailed disclosure.

QUESTION 2 SINGLE CHOICE

A service user with a learning disability is offered counselling as part of their support plan. Which approach is most consistent with person-centred counselling values?

- ☐ A Following a fixed number of sessions set by the organisation's policy.
- ☒ B **Allowing the service user to set the pace and topics of the sessions, supported by accessible communication.**
- ☐ C Using a structured manualised programme chosen by the counsellor.
- ☐ D Focusing primarily on reducing behaviours that challenge the service.

ANSWER B

WHY Person-centred practice places the service user at the centre of decision-making. The counsellor's role is to follow the service user's lead, ensure communication is accessible, and respect their autonomy regarding pace and focus.

QUESTION 3

SINGLE CHOICE

During a counselling session a service user discloses thoughts of self-harm but says they do not intend to act on them and has no current plan. What is the most appropriate next step for the counsellor?

- ☐ A End the session immediately and discharge the service user from counselling.
- ☒ B Explore the disclosure collaboratively, complete a risk assessment, document it, and follow organisational safeguarding procedures.
- ☐ C Promise complete confidentiality and take no further action to preserve trust.
- ☐ D Contact the service user's family without the service user's knowledge to warn them.

ANSWER B

WHY Disclosure of self-harm requires a collaborative exploration of risk, a documented risk assessment, and adherence to safeguarding procedures. Confidentiality is not absolute where there is risk of harm, and unilateral action such as discharging or informing family without consent is inappropriate.

QUESTION 4

SINGLE CHOICE

Under UK data protection legislation, what lawful basis most commonly supports a social care counsellor processing a service user's personal information as part of delivering counselling?

- ☐ A Consent only, with no exceptions permitted under any circumstances.
- ☐ B Performance of a contract with the service user.
- ☐ C Legitimate interests of the counsellor as a private business.
- ☒ D Necessary to protect the vital interests of the service user, or where the service user has given informed consent, depending on the context.

ANSWER D

WHY Processing personal data in counselling typically relies on either explicit consent from the service user or, where there is a risk to life, the vital interests basis. Contract and broad legitimate interests are not generally the primary bases for this type of therapeutic processing.

QUESTION 5

SINGLE CHOICE

A service user says, 'I try so hard, but nobody seems to notice.' Which counsellor response best demonstrates advanced accurate empathy?

- ☐ A 'Why do you think people don't notice you?'
- ☒ B 'You feel that all your efforts are going unrecognised, and that's really painful for you.'
- ☐ C 'Don't worry, I'm sure people do notice you really.'
- ☐ D 'Let's move on and look at what you could do differently.'

ANSWER B

WHY Advanced accurate empathy involves reflecting back the emotional content and meaning of what the service user has said without judging, questioning prematurely, reassuring, or changing the subject. Option B does this directly.

QUESTION 6

SINGLE CHOICE

A service user from a marginalised group tells the counsellor that previous services have made assumptions about them based on their identity. Which response reflects the most appropriate socially-informed counselling stance?

- ☐ A Dismissing the issue so the service user focuses on personal goals.
- ☒ B Acknowledging the impact of discrimination, validating the experience, and exploring how this affects the service user within the counselling relationship.
- ☐ C Agreeing with generalised statements about the group the service user identifies with.
- ☐ D Referring the service user to a different service because their needs are political rather than personal.

ANSWER B

WHY Social care counselling requires cultural competence and an awareness of how structural disadvantage and discrimination affect individuals. The appropriate response validates lived experience, names the impact, and explores its meaning within the therapeutic work.

QUESTION 7

SINGLE CHOICE

At the beginning of a counselling relationship in a social care setting, which element is essential to include in the working agreement with the service user?

- ☐ A A guarantee that the counselling will resolve the service user's difficulties.
- ☒ B Clear information about confidentiality, its limits, session arrangements and the service user's right to end counselling.
- ☐ C An instruction that the service user must follow the counsellor's advice.
- ☐ D A commitment that the counsellor will share session content with the care team.

ANSWER B

WHY A counselling contract should be transparent about confidentiality and its limits, the practical arrangements, and the service user's autonomy. Promising outcomes, requiring compliance, or committing to share content are inappropriate.

QUESTION 8

SINGLE CHOICE

A social care counsellor notices they are becoming emotionally exhausted and less able to engage empathically with service users. What is the most appropriate action?

- ☐ A Reduce empathy deliberately so they are not affected by service users' stories.
- ☐ B Take no action and hope the feelings pass with experience.
- ☒ C Raise this in clinical supervision, review workload, and engage in planned self-care.
- ☐ D End all their current counselling relationships immediately.

ANSWER C

WHY Compassion fatigue and burnout are common risks in counselling. Professional practice requires addressing this through supervision, workload review and self-care, rather than reducing empathy or abruptly ending work with service users.

QUESTION 9

SINGLE CHOICE

A social care counsellor is bound by a professional commitment to act in the best interests of the service user, avoid harm, and be truthful in the therapeutic relationship. Which single term best captures this combination of commitments?

- ☐ A Non-maleficence
- ☒ B Beneficence combined with veracity
- ☐ C Autonomy and fidelity
- ☐ D Justice and non-discrimination

ANSWER B

WHY Acting in the service user's best interests is beneficence, avoiding harm is non-maleficence, and being truthful captures veracity. Option B is the only one that combines the 'do good' commitment with honesty, which together describe the counsellor's core ethical stance in a social care setting.