



ASSESSOR GUIDE

CHCCSL006

Select and use counselling therapies | SFT

Assessment 2 of 2

Case Studies



Assessment Instructions

Task overview

This assessment task is divided into four (4) questions. Read each question carefully before typing your response in the space provided.

Additional resources and supporting documents

To complete this assessment, you will need:

- Learning resources



Assessment Information

Submission

You are entitled to three (3) attempts to complete this assessment satisfactorily. Incomplete assessments will not be marked and will count as one of your three attempts.

All questions must be responded to correctly to be assessed as satisfactory for this assessment.

Answers must be typed into the space provided and submitted electronically via the LMS. Hand-written assessments will not be accepted unless previously arranged with your assessor.

Reasonable adjustment

Students may request a reasonable adjustment for assessment tasks.

Reasonable adjustment usually involves varying:

- the processes for conducting the assessment (e.g., allowing additional time)
- the evidence-gathering techniques (e.g., oral rather than written questioning, use of a scribe, modifications to equipment)

However, the evidence collected must allow the student to demonstrate all requirements of the unit.

Refer to the Student Handbook or contact your Trainer for further information.



Please consider the environment before printing this assessment.

Question 1

Imagine that you are a solution-focused counsellor, and you are meeting with the following new clients, Selene, Tanu, Jacob and Carlo. As you are developing an understanding of the client's circumstances, you also want to assess the suitability of a solution-focused approach.

- **Selene** is a high-level financial executive who has come to counselling to help work through feelings of inadequacy after a recent job promotion.
- **Tanu** is a single mother to 13-year-old Ajeet. Tanu has sought counselling because she has been regularly fighting with Ajeet and struggling to manage his behaviour. She is keen to resolve her parenting issues.
- **Jacob** has battled with depression after being subjected to physical abuse as a child. He has come to counselling because he wants to explore and process his childhood experiences more fully to resolve his "inner demons".
- **Carlo** has sought counselling because he feels he needs to make a life change. He is unhappy with his career and is contemplating "packing it all in" and returning to university to study teaching, but he is unsure whether this will make him happy.

a) Which of these clients is most likely NOT suitable for solution-focused counselling?

Justify your reasoning.

[Approximate word count: 15 – 25 words]

Assessor instructions: The student's response must refer to **Jacob** and provide appropriate reasoning.

The student's response must reflect the content in the following sample answer.

"Jacob. He wants to process his childhood experiences, which solution-focused therapy does not do."

b) Imagine that your organisation offers specifically solution-focused counselling.

Given that solution-focused is most likely unsuitable for the client you identified in the previous question, what is the most appropriate action for you to take in this case?

[Approximate word count: 15 – 20 words]

Assessor instructions: The student's response must indicate that they will refer the client to a more appropriate service.

Refer the client to another counsellor who employs the client's preferred approach.

Question 2

The formulation of appropriate goals is central to effective solution-focused therapy. Imagine that you are a solution-focused counsellor working with Mara. Mara is a single mother to twin boys (6 years old). Mara feels overwhelmed by her role as a single mother and is anxious about her ability to parent effectively.

Mara has come to counselling because she 'wants things to change'. As a solution-focused counsellor, you want to help Mara develop specific, clearly defined, solution-focused goals.

- a) Briefly outline two [2] techniques that you could use to help Mara identify a specific goal to work towards.

[Approximate word count: 30 – 40 words]

Assessor instructions: The student's response must demonstrate an understanding of two techniques used in solution-focused therapy to facilitate the goal-setting process.

The student's response needs to include references to the following points.

- Ask Mara the miracle question followed by exploration questions to help her identify precisely what she wants to achieve.
- Ask Mara exception questions to help develop specific goals.

- b) Imagine that Mara says her goal is "I want the kids to stop fighting all the time". You want to help Mara transform this goal into favourable terms. In the space provided, write a solution-focused response that you could provide to help Mara rephrase her goal into precise words.

[Approximate word count: 10 – 15 words]

Assessor instructions: The student's response must demonstrate the ability to generate an appropriate solution-focused response to the client's negative goal statement to help transform it into a positive goal.

The student's response must include references to any of the following points.

- So, what will the kids do when they are not always fighting?
- So, what does 'not fighting' mean? What will they be doing instead?
- So, what will you be doing when the kids are not fighting?

Question 3

For each of the following clients, Brianna, Mauryan and Graham, identify whether solution-focused therapy would be an appropriate counselling approach. Justify your response.

Hint: Consider the benefits and limitations of using the solution-focused approach to address each client's needs/issues/goals.

- a) Brianna is a 61-year-old social worker. For as long as she can remember, she has feared spiders. She thinks this might be due to an experience she had in her early childhood. Brianna is seeking counselling to help her review her earlier experiences and better understand what is causing this fear of spiders.

Do you think solution-focused counselling would be appropriate for Brianna? Why or why not?

[Approximate word count: 20 – 30 words]

Assessor instructions: The student's response must identify that solution-focused counselling is not the most appropriate approach to meet Brianna's needs.

The student's response needs to include references to the following points.

- Solution-focused counselling does not explore the cause of problems.
- Brianna is interested in exploring the past/cause of her fear rather than wanting to make changes for the future.

b) Mauryan is a 52-year-old accounts manager. His company was recently restructured, resulting in Mauryan taking on additional responsibilities. While he was initially excited by these changes, Mauryan has started struggling with his time management skills and is beginning to feel overwhelmed.

Do you think solution-focused counselling would be appropriate for Mauryan? Why or why not?

[Approximate word count: 30 – 40 words]

Assessor instructions: The student's response must identify appropriate solution-focused counselling.

The student's response needs to include references to the following points.

Solution-focused counselling can help Mayuran set solution-focused goals, understand exceptions (e.g., when he can handle the workload), and appreciate his strengths and resources to take steps towards his preferred future.

c) Graham is 37 years old. He is currently overweight and smokes half a packet of cigarettes a day. Graham wants to improve his physical fitness, quit smoking, and take better care of himself. He has made similar commitments in the past and managed to keep them for a week or two but says that the stress of his job and life eventually caused him to slip back into old habits.

Graham sought counselling on the advice of a friend who said it might help.

Do you think solution-focused counselling would be appropriate for Graham? Why or why not?

[Approximate word count: 40 – 50 words]

Assessor instructions: The student's response must identify appropriate solution-focused counselling.

The student's response needs to include references to the following points.

Solution-focused counselling can help Graham better understand his strengths and resources that allow him to succeed and then apply specific steps that draw upon these exceptions to move him towards his preferred future.

Question 4

Imagine that you are a solution-focused counsellor working with a new client, 45-year-old Pedro. Pedro has come to counselling because he is feeling stressed and unhappy in his life. Pedro works as a department manager for a large organisation. While he is passionate about his work, he has found that his workload is starting to impact his relationship with his wife and child.

Pedro has been married to his wife, Nima, for ten years, and they have a nine-year-old daughter, Nikki. Pedro used to enjoy getting home from work and reading Nikki bedtime stories before relaxing with Nima for a few hours before bed.

However, after his promotion to department manager 12 months ago, Pedro has been staying late at the office and bringing work home to keep on top of it. This has caused a strain on his relationships with Nima and Nikki. Now, he can only spend quality time with Nikki on weekends, and Nima has grown cold and distant.

Pedro thinks that she resents the time that he is spending on work and the stress that it is putting him under, but he, in turn, resents her lack of support. He and Nima regularly argue, and Pedro now finds spending time with her draining. Pedro is unhappy with the direction that his life is heading in.

Pedro made an appointment for counselling after a particularly bad argument with Nima last week. This argument made him realise that he is stressed out and unhappy and wants to change his life, but he doesn't want to quit his job or lose his family.

- a) Consider what you have learned about solution-focused therapy throughout your learning and Readings. What benefits do you think solution-focused therapy will have for Pedro?

[Approximate word count: 65 - 75 words]

Assessor instructions: The student's response must demonstrate an understanding of solution-focused therapy and how it would help Pedro.

The student's response needs to include references to the following points.

- Solution-focused therapy would help Pedro identify his preferred future and the strengths and resources that he can draw on to work towards this.
- Solution-focused therapy would help Pedro identify and expand on current exceptions (i.e., times when he successfully manages both work and home life) to reduce his stress levels and improve his relationship with Nima and Nikki.

- b) Imagine that you are beginning your first session with Pedro. You spoke to him briefly on the phone when he made the appointment. During that conversation, he told you that he wants help to make changes in his life to achieve a better work-life balance and improve his relationship with his family.

You want to start your first session by encouraging Pedro to discuss any positive changes since making the appointment. Write what you would say to Pedro to begin this discussion in the space provided.

[Approximate word count: 35 - 45 words]

Assessor instructions: The student's response must demonstrate an ability to select an appropriate statement/question to encourage Pedro to discuss pre-session change.

The student's response must reflect the content in the following sample answer.

"So, Pedro, when you made the appointment, you said you struggled to maintain a satisfying work-life balance. Have you progressed in better managing your time since we spoke?"

- c) If Pedro tells you that he has made some positive progress – he only had to work back a few nights over the last week. He got home in time to read to Nikki a few times, and after that, he and Nima had an enjoyable time together without fighting.

In the space provided, write a question you might ask to help further explore this positive change.

[Approximate word count: 8 – 12 words]

Assessor instructions: The student's response must demonstrate an understanding of an appropriate question that could help explore this positive change.

The student's response needs to reference any of the following points.

- How did that happen? What did you do?
- What was different about this week from last week?
- What changes did you make to make this happen?

- d) Imagine that, instead, Pedro tells you that he has not made any positive changes and that he is still stressed and fighting with Nima.

In the space provided, write an appropriate response you could give.

[Approximate word count: 5 – 15 words]

Assessor instructions: The student's response must demonstrate an understanding of an appropriate solution-focused response.

The student's response needs to reference any of the following points.

- How come things aren't worse?
- What did you do to stop everything from falling apart?
- How did you still manage to make the deadlines that you made?

- e) Imagine that Pedro then asks you what he should do. Write what you would say to respond to Pedro in the space provided. Ensure that your response aligns with the solution-focused approach and the role of the counsellor and client within it.

[Approximate word count: 70 – 80 words]

Assessor instructions: The student's response must demonstrate an ability to respond to Pedro's request to be told what to do in a solution-focused manner. The student's response must also be in a language the client understands.

The student's response must reflect the content in the following sample answer.

"Wouldn't it be nice to be told what to do... But Pedro, I can't tell you what to do. You are the expert in your life – only you know what is best for you. But what I can do is help you explore what you want to achieve and the strengths and resources that you have that can help you achieve that – how does that sound?"

- f) Imagine Pedro tells you that he feels lost because he is not sure what he wants – he likes his job and loves his family, but his life just isn't working. Pedro says that he knows something needs to change but doesn't know what.

Consider the solution-focused techniques you have learned about.

- i) Select the solution-focused technique you think would be most effective in helping Pedro identify/explore what he wants.
- ii) What would you say to implement your chosen technique?
- iii) Explain why you selected this technique.

Assessor instructions: The student's response must demonstrate an ability to use an appropriate solution-focused technique to help Pedro explore what he wants and provide an appropriate justification for their selection of the method.

Student responses need to reflect the content in the following sample answers.

f) i) Select the solution-focused technique you think would be most effective in helping Pedro identify/explore what he wants.

[Approximate word count: 5 words]

Students are expected to select the miracle question, but other solution-focused techniques may be chosen if the student provides an appropriate justification.

f) ii) What would you say to implement your chosen technique?

[Approximate word count: 75 – 85 words]

Example response: "Now, I want to ask you a strange question. Suppose a miracle happens while you sleep tonight, and the entire house is quiet. The miracle is that your problems disappear. However, you don't know that the miracle has happened because you are sleeping. So, when you wake up tomorrow morning, what will be different that will tell you a miracle has happened and the problem which brought you here is solved?"

f) iii) Explain why you selected this technique.

[Approximate word count: 50 – 60 words]

Example response: "I would use the miracle question because it is useful in helping clients identify their preferred future/specific things that they would like to happen. I think this would be useful for Pedro because it would help him get out of a problem focus and identify possibilities for positive change."

- g) As a solution-focused counsellor, you want to help Pedro identify any recent instances in his life where his problems have not been present. Write what you would say to Pedro to facilitate this exploration in the space provided.

[Approximate word count: 50 - 60 words]

Assessor instructions: The student's response must demonstrate an ability to encourage Pedro to identify exceptions.

The student's response must reflect the content in the following sample answer.

- Can you think of a time in the last couple of weeks when you were happy with your work-life balance and enjoyed spending time with Nima and Nikki?
- Can you think of any times recently in which your life has looked like your 'miracle life', even a little?

- h) At the end of your session, you would like to introduce Pedro to a formula first session task.
- i) What would you say to introduce the formula first session task?
- ii) Why would you use this task?

Assessor instructions: The student's response must demonstrate an ability to suggest the formula first session task and demonstrate a clear rationale for using this technique.

Student responses need to reflect the content in the following sample answers.

h) i) What would you say to introduce the formula first session task?

[Approximate word count: 40 – 50 words]

Example response: "Pedro, between now and our next session, I would like you to observe so that you can describe to me next session what happens in your work and home life that you want to continue to have to happen."

h) ii) Why would you use this task?

[Approximate word count: 60 – 70 words]

Example response: I would use the formula first session task with Pedro because he is unsure about the changes he wants to make in his life, and by observing what he wants to continue, he will better understand

his preferred future. This task will also help increase his optimism regarding change and uncover existing strengths/resources.

Assessment checklist:

Students must have completed all questions/activities within this assessment before submitting. This includes:

1	Four (4) questions are to be completed in the format requested.	<input type="checkbox"/>
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Congratulations, you have reached the end of this assessment!

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