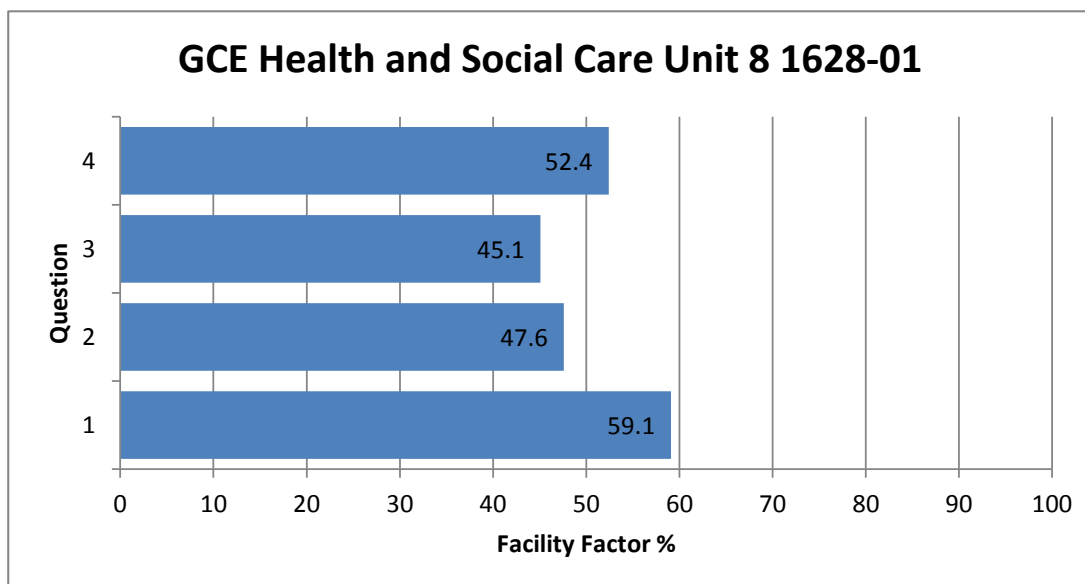


GCE Health and Social Care Unit 8 1628-01

All Candidates' performance across questions

Question Title	N	Mean	S D	Max Mark	FF	Attempt %
1	60	14.8	4.3	25	59.1	100
2	60	11.9	4.5	25	47.6	100
3	60	11.3	4.9	25	45.1	100
4	60	13.1	4.6	25	52.4	100



1. (c) Discuss, with reference to the humanistic approach, how health and social care services could help to meet the needs of this family. [7]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

- (c) Discuss, with reference to the humanistic approach, how health and social care services could help to meet the needs of this family. [7]

One of the theorists in the humanistic approach called Maslow made up a theory based on 'Hierarchy of needs'. He stated that to reach the higher needs the basic needs need to be met first. Each need needs to be completed before moving up through the stages. The level of achievement will vary depending on the circumstances. Both Tricia ^{and} Gareth lost their home and are withdrawn and depressed, therefore would be near the lower needs including psychological and safety and security needs. In order to meet the needs of the family, health care services would need to be able to support them to ensure they are able to live as much as a fulfilled lifestyle as possible which could involve helping them with finances, food, shelter etc. in their temporarily living space. This should hopefully make them both feel more belonging and build-up their self-esteem feeling better within themselves. Maslow stated very few people self-actualise but positive improvements can be made.

- (c) Discuss, with reference to the humanistic approach, how health and social care services could help to meet the needs of this family. [7]

One of the theorists in the humanistic approach called Maslow made up a theory based on 'Hierarchy of needs'. He stated that to reach the higher needs the basic needs need to be met first. Each need needs to be completed before moving up through the stages. The level of achievement will vary depending on the circumstances. Both ^{and} Tricia ~~to~~ Gareth lost their home and are withdrawn and depressed, therefore would be near the lower needs including psychological and safety and security needs. In order to meet the needs of the family, health care services would need to be able to support them to ensure they are able to live as much as a fulfilled lifestyle as possible which could involve helping them with finances, Food, shelter etc in their temporarily living space. This should hopefully make them both feel more belonging and build-up their self-esteem feeling better within themselves. Maslow stated very few people self-actualise but positive improvements can be made.



5
✓

- (c) Discuss, with reference to the humanistic approach, how health and social care services could help to meet the needs of this family. [7]

The humanistic approach is about the individual building up a sense of self so for example, Maslow proposed a hierarchy of needs, ~~this is not~~ this starts from the lower level basic needs of food and shelter going ~~to~~ up to safety, then up to belongingness and love needs, ~~and~~ right to self esteem needs right up to self-actualisation. This would be important ~~to~~ the humanistic approach would suggest that health and social services would need to meet the family's needs for them to ~~have~~ ^{move up} ~~or better~~ the hierarchy. For example, they ~~would~~ need to provide the family with a stable home where the family is secure and happy and can meet long-term friends. ~~Then in order~~ The humanistic approach's ~~in~~ right strength is that research have suggested that people who ^{have} ~~make~~ good friends have a ~~better~~ healthier life, this suggests that this family will

- (c) Discuss, with reference to the humanistic approach, how health and social care services could help to meet the needs of this family. [7]

The humanistic approach is about the individual building up a sense of self & so. For example, Maslow proposed a hierarchy of needs, ~~this is not~~ this starts from the lower level basic needs of food and shelter going ~~to~~ up to safety, then up to belongingness and love needs, ~~and~~ right to self-esteem needs right up to self-actualisation. This would be important ~~to~~ the humanistic approach would suggest that health and social services would need to meet the family's needs for them to ~~have a better~~ ^{move up} the hierarchy. For example, they ~~would~~ need to provide the family with a stable home where the family is secure and happy and can meet long-term friends. ~~Then in order~~ The humanistic approach's ~~right~~ strength is that research have suggested that people who ^{have} ~~make~~ good friends have a ~~healthier~~ healthier life, this suggests that this family will



4

- (d) Assess **two** strategies from the humanistic approach that could be used to help Tricia move on from recent events. [10]

The two strategies from the humanistic approach are encounter groups and person-centered therapy. Encounter groups are group meetings where individuals with similar problems can go to discuss their issues. They are held by a therapist who is trained to show unconditional positive regard but they are mostly led by group discussion. A strength of encounter groups are that they also provide individuals with social support and can encourage lifelong friendships to develop. This means individuals can speak to someone even when they are out of an encounter group. On the other hand, a weakness of encounter groups is that individuals that go may have very shy personalities and may be too withdrawn and quiet to discuss their problems.

Person-centered therapy would be able to help Tricia as she would be able to discuss her problems with a therapist showing unconditional positive regard and eventually overcome these. A strength of person centered therapy is that it is suitable for a wide variety of people. It is commonly offered to individuals which means it can be easily accessed. A weakness of person-centered therapy is that it takes commitment from an individual in order to be effective. It may take many sessions over months/years to work.

- (d) Assess **two** strategies from the humanistic approach that could be used to help Tricia move on from recent events. [10]

The two strategies from the humanistic approach are encounter groups and person-centered therapy. Encounter groups are group meetings where individuals with similar problems can go to discuss their issues. They are held by a therapist who is trained to show unconditional positive regard but they are mostly led by group discussion. A strength of encounter groups are that they also provide individuals with social support and can encourage lifelong friendships to develop. This means individuals can speak to someone even when they are out of an encounter group. On the other hand, a weakness of encounter groups is that individuals that go may have very shy personalities and may be too withdrawn and quiet to discuss their problems.

Person-centered therapy would be able to help Tricia as she would be able to discuss her problems with a therapist showing unconditional positive regard and eventually overcome these. A strength of person centered therapy is that it is suitable for a wide variety of people. It is commonly offered to individuals which means it can be easily accessed. A weakness of person-centered therapy is that it takes commitment from an individual in order to be effective. It may take many sessions over months / years to work.



Maslow Δ - needs

Rogers -

4

Examiner
only

- (d) Assess **two** strategies from the humanistic approach that could be used to help Tricia move on from recent events. [10]

Maslow's hierarchy of needs would help Tricia move on as she can follow them step by step by making sure she is doing the best she can for her and her son. By using the hierarchy she will be able to start with the physical needs by making sure she provides shelter and food for her and her son. Rogers suggests that by moving on from recent events you have to stick together throughout making sure you keep a ~~self~~ positive self-esteem and by helping each other you are more likely to move on from recent events. He also suggested that when told something a few times you then start to believe it so if Tricia is told she will be ok and everything will move on she will start to believe it which will help her move on from recent events and start again. By moving on she will gain more confidence in herself which will enable her to stay strong and re-build her new life.

maslow Δ - needs

Rogers. -

4

Examiner
only

- (d) Assess **two** strategies from the humanistic approach that could be used to help Tricia move on from recent events. [10]

maslow's hierarchy of needs would help tricia move on as she can follow them step by step by making sure she is doing the best she can for her and her son. by using the hierarchy she will be able to start with the physical needs by making sure she provides shelter and food for her and her son. Rogers suggests that by moving on from recent events you have to stick together throughout making sure you keep a self positive self-esteem and by helping each other you are more likely to move on from recent events.

He also suggested that when told something a few times you then start to believe it so if tricia is told she will be ok and everything will move on she will start to believe it which will help her move on from recent events and start again. By moving on she will gain more confidence in herself which will enable her to stay strong and re-build her new life.



(1628-01)

- (d) Evaluate strategies from the social learning approach that a therapist may use to help young children with behavioural problems. [10]

Modelling from the S.L approach may help young children with behavioural problem. Bandura believed we learn through social processes and therefore new behaviours can be acquired in the same way. A video could be used showing the consequences of both bad and good behaviours to show the differences between them for the child to understand what's right and what's wrong. The video should use same sex model and someone they are familiar with. The therapist could also use role play to allow the child to behave in a safe environment and learn in this way to understand the difference in effort and reward. Another strategy could be 'Family Therapy' where a highly skilled professional either works one to one with the child or with the whole family. They will be able to recognise what triggers the undesirable behaviours by looking at the family relationship, feelings and emotions. They will together build up on strengths to make a positive change in the child's behaviour to overcome this. Family therapy is a positive strategy as it covers many areas of development, however it fails to take into account the biological aspect.

END OF PAPER

- (d) Evaluate strategies from the social learning approach that a therapist may use to help young children with behavioural problems. [10]

Modelling from the S.L approach may help young children with behavioural problem. Bandura believed we learn through social processes and therefore new behaviours can be acquired in the same way. A video could be used showing the consequences of both bad and good behaviours to show the difference between them for the child to understand what's right and what's wrong. The video should use same sex model and someone they are familiar with. The therapist could also use role play to allow the child to behave in a safe environment and learn in this way to understand the difference in effort and reward. Another strategy could be 'Family Therapy' where a highly skilled professional either works one to one with the child or with the whole family. They will be able to recognise what triggers the undesirable behaviours by looking at the family relationship, feelings and emotions. They will together build up on strengths to make a positive change in the child's behaviour to overcome this. Family therapy is a positive strategy as it covers many areas of development, however it fails to take into account the biological aspect.



END OF PAPER

- (d) Evaluate strategies from the social learning approach that a therapist may use to help young children with behavioural problems. [10]

Modelling helps young children as a role model or someone they look up to (eg: educational psychologist) may model (show) them the type of behaviour they should be doing in situations.

This strategy is good as it can be done without the need for a ~~continued~~ continual support from a therapist (eg: parents can do it). On the other hand, it may be time consuming and may take a long time to adapt all of the children's behaviour.

Another strategy of social skills training can be used to imitate and practice the type of social skills an individual should show. A strength of this is that it can be used with children to adapt and encourage their social development. A weakness is that it may have to be carried out by a trained therapist meaning it may be expensive to buy.

Another strategy is family therapy. Family therapy is where a family are led by a therapist to discuss their problems and help build up the families trust and love. A strength of this type of therapy is that it involves the whole family so therefore an individual may be more willing to talk about their problems. A weakness is that it has to be led by a professional therapist who ~~has to~~ can be expensive to visit.

END OF PAPER

- (d) Evaluate strategies from the social learning approach that a therapist may use to help young children with behavioural problems. [10]

Modelling helps young children as a role model or someone they look up to (eg: educational psychologist) may model (show) them the type of behaviour they should be doing in situations.

This strategy is good as it can be done without the need for a continual support from a therapist (eg: parents can do it). On the other hand, it may be time consuming and may take a long time to adapt all of the children's behaviour.

Another strategy of social skills training can be used to imitate and practice the type of social skills an individual should show. A strength of this is that it can be used with children to adapt and encourage their social development. A weakness is that it may have to be carried out by a trained therapist meaning it may be expensive to buy.

Another strategy is family therapy. Family therapy is where a family are led by a therapist to discuss their problems and help build up the families trust and love. A strength of this type of therapy is that it involves the whole family so therefore an individual may be more willing to talk about their problems. A weakness is that it has to be led by a professional therapist who ~~has to~~ can be expensive to visit.

10



- (d) Evaluate strategies from the social learning approach that a therapist may use to help young children with behavioural problems. [10]

The most important strategies would be Modelling. Children have to see people modelling the correct behaviour. This is very common in everyday life but it is extremely useful. ~~The next~~ Another strategy is Social skills training. This method of treatment involves teaching people the correct behaviours and using Role play to reinforce the behaviour. By using Role play it helps people to know the correct way of how to behave. S.S.T is extremely useful for people who lack social skills and theory of mind skills like Autistic children, however it would be very time consuming and the social approach ignores theories from the behaviourist approach. Another strategy is a family based counselling. I think that this could be the most useful for young children as the therapist could teach the family the correct methods of rewarding and punishing behaviour.

END OF PAPER

- (d) Evaluate strategies from the social learning approach that a therapist may use to help young children with behavioural problems. [10]

The most important strategies would be Modelling. Children have to see people modelling the correct behaviour. This is very common in everyday life but it is extremely useful. ~~Another~~ Another strategy is Social skills training. This method of treatment involves teaching people the correct behaviour and using Role play to reinforce the behaviour. By using Role play it helps people to know the correct way of how to behave. S.S.T is extremely useful for people who lack social skills and theory of mind skills like Autistic children, however it would very time consuming and the social approach ignores theories from the behaviourist approach. Another strategy is a family based counselling. I think that this could be the most useful for young children as the therapist could teach the family the correct methods of rewarding and punishing behaviour.

5



END OF PAPER