

031305T4PSY

COUNSELLING PSYCHOLOGY LEVEL 5

PSY/OS/CO/CR/02/5

Provide Basic Counselling Services

July /August 2023.



**TVET CURRICULUM DEVELOPMENT, ASSESSMENT AND CERTIFICATION
COUNCIL (TVET CDACC)**

INSTRUCTIONS TO PERSON ACTING AS CLIENT

1. Rehearse the following excerpt which captures the content of what you will present to the counsellor in a simulated situation where you act as a client.
2. You have 20 minutes to rehearse.

EXCERPT

Yunes is a 38-year-old woman who has raised her two children single-handedly for many years. Last week, as she went about her day-to-day business, she received a call informing her of her son's involvement in crime and that the police held him. She decided to go and bribe for his release because she loved him so much. She tried her best, but she failed. She is now depressed, anxious, and unable to concentrate on anything she does. She feels helpless and highly irritable. Her friends encouraged her to seek therapy.