

031306T4PSY

COUNSELLING PSYCHOLOGY LEVEL 6

PSY/OS/CO/CR/12/6

Provide Workplace Counselling

July/August 2023



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

INSTRUCTIONS TO THE PERSON ACTING AS THE CLIENT

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.

You have **15 MINUTES** to rehearse.

EXCERPT

Alvin is a 40-year-old man. He works in the insurance industry. He has come for Counselling because he says he has been feeling very stressed lately. His work is worrying him. He has not taken leave this year because he feels that would be a mistake. He does most of the work in his department because his boss says it will only be done well if he does it. He reports to work at 7 am and leaves at 11 pm. He does not have a social life. He has been expecting a promotion now that he has been working hard. Surprisingly, his boss has been recommending other people in the department for promotions and intentionally leaving him out of the training opportunities. Alvin needs help understanding why this is happening, yet he is a good worker and does more than others. His girlfriend Jenny left him because she felt he loved his job more than her. Alvin has also been experiencing many tension headaches and cannot sleep most nights.