

031306T4PSY

COUNSELLING PSYCHOLOGY LEVEL 6

PSY/OS/CO/CR/02/6

Provide Counselling Services

July/August 2023 Series



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

WRITTEN ASSESSMENT

TIME: 3 HOURS

INSTRUCTIONS TO CANDIDATES

1. The paper consists of **TWO** sections; **A & B**
2. You are provided with a separate answer booklet
3. Marks for each question are as indicated
4. Do Not write on the question paper

*This paper consists of **THREE** printed pages*

Candidates should check the question paper to ascertain that all the pages are printed as indicated and that no questions are missing

SECTION A: 40 MARKS

Answer ALL questions in this section.

1. John a counsellor is aware that there are various factors that can affect the outcome of a therapeutic relationship with his client. Define the terms transference and counter transference. (4 Marks)
2. After registering for a counselling course, Judy was introduced to counselling skills. Identify any FOUR skills used in providing counselling to a client. (4 Marks)
3. Theories in psychology provide frameworks for understanding human behaviour, thoughts, emotions, and mental processes. State any FOUR theories that could be used in the counselling process. (4 Marks)
4. Counselling ethics require that a counsellor should be competent in provision of counselling services. Identify any FOUR ways in which a counsellor can maintain their competency. (4 Marks)
5. Eston has been employed as a counsellor by an international organisation that provides counselling to multinationals. List any FOUR guidelines that may increase Eston's effectiveness in multicultural counselling. (4 Marks)
6. Naomi is a counsellor, and her clients feel that her behaviour is aggressive and forthright. List any FOUR characteristics of an effective counsellor. (4 Marks)
7. Lisa has been working long hours, taking on extra caseloads, and neglecting self-care practices. Sarah, her supervisor decides to address this issue in their next supervisory session. Identify any FOUR duties of a counsellor supervisor. (4 Marks)
8. The Mwaka Secondary School counsellor was confronted by a parent who demanded to be given the details of her daughter's problem, which is professionally unethical for the counsellor. List any FOUR situations where the counsellor can breach confidentiality. (4 Marks)
9. Emma is a 30-year-old woman seeking counselling due to persistent feelings of anxiety and relationship difficulties. Mention any FOUR techniques of Sigmund Freud's psychoanalytic theory that her counsellor can use to support her. (4 Marks)
10. Dr Charles, a therapist, observes that Jackline his client, presents herself as confident while struggling with feelings of low self-esteem. Explain any FOUR Ego defence mechanisms. (4 Marks)

SECTION B: 60 MARKS

Answer any three questions in this section

11. Michael is a 42-year-old man seeking therapy to address his struggles with chronic anxiety and panic attacks. He frequently experiences intense feelings of fear, accompanied by physical symptoms such as heart palpitations and shortness of breath. These symptoms have started affecting his ability to work and engage in social activities.
- a. Explain any FIVE cognitive behavioural therapy (CBT) techniques that can be used to support Michael (10 Marks)
 - b. Before Michael comes to therapy, his counsellor is made aware that he (Michael) is prone to panic attacks. Discuss any FIVE counselling room arrangement considerations, that need to be made to suit Michael's condition. (10 Marks)
12. George, 16 years old and a form 2 student at Elimu High School, has been suspended from school due to alcohol and drug use.
- a. Identify any FIVE areas that you as the school counsellor would address with him as part of psychoeducation before he goes back to school. (10 Marks)
 - b. Explain any FIVE important goals for providing psychoeducation (10 Marks)
13. Charles has been counselling a 16-year-old client named Yasmin for the past six months. Yasmin initially sought counselling due to symptoms of anxiety and low self-esteem. During their sessions, Charles develops an inappropriate personal relationship with Yasmin, blurring professional boundaries and engaging in unethical behaviour.
- a. Describe any FIVE unethical issues in counselling. (10 Marks)
 - b. Explain any FIVE elements of multicultural counselling that a counsellor needs to be aware of to be more effective in dealing with the issues presented by Yasmin. (10 Marks)
14. Carol is a Gestalt therapist with several years of experience working in private practice. She specializes in helping clients explore and work through underlying layers of neurosis to promote personal growth and self-awareness.
- a. Describe the concept of layers of neurosis according to Gestalt therapy. (10 marks)
 - b. Carol considers terminating counselling with her client Mark, who presents symptoms of neurosis. Discuss any FIVE reasons why a therapist can terminate a counselling contract with their client (10 Marks)