

031306T4PSY

COUNSELLING PSYCHOLOGY LEVEL 6

PSY/OS/CO/CR/09/6

Provide Child Counselling

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 FOUR printed pages

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

SECTION A: (40 Marks)

Answer ALL questions in this section.

1. Termination in child counselling can be an emotional process for the client. What FOUR reasons make termination of a therapeutic alliance important in counselling? (4 Marks)
2. Confidentiality is a key tenet in counselling. List any FOUR situations that legally obligate therapists to break confidentiality and seek outside assistance (4 Marks)
3. Autism spectrum disorder (ASD) is a problem that affects a child's nervous system and growth and development. Identify any FOUR signs of autism in children. (4 marks)
4. According to Jean Piaget, cognitive development means the growth of a child's ability to think and reason. Children ages 6 to 12 years old develop the ability to think in concrete ways. Explain TWO cognitive abilities of a child aged between 12 and 18 years. (4 Marks)
5. When collecting a child's information that may be helpful in assessment, list any FOUR items you may need in the bio-data (4 Marks)
6. A counselling contract is a mutual agreement between the counsellor and the client in which the outline of the therapeutic working alliance is presented. Briefly outline any FOUR components of a counselling contract. (4 Marks)
7. There have been many reported cases of suicide among teenager in the recent past. One commonly used brief screening tool is the Columbia Suicide Screen. List FOUR areas where this tool can evaluate. (4 Marks)
8. Jane desires to be a child psychologist. Mention FOUR qualities she needs to qualify for this job. (4 Marks)
9. Treatment plans can be used by therapists to help individuals in therapy address a wide variety of concerns. Explain any TWO reasons for developing a treatment plan in counselling. (4 Marks)
10. Identify any FOUR situations when a counsellor may refer a client to another counsellor. (4 Marks)

SECTION B: (40 MARKS)

Answer Any THREE Questions

11. Ten-year-old Bob lost both parents in a grisly road accident a month ago. He was the only survivor. Since then, he has not been talking to anyone. Most of the time he has been seen scribbling things on a piece of paper and erasing them immediately. His favourite Aunty has tried to make him talk but to no avail. As a professional child therapist you want to apply expressive art during your counselling sessions with Bob.
- Outline any TWO facts one needs to know before using Art Therapy. (2 Marks)
 - As Bob's therapists state any FIVE techniques you can utilize in order to create treatment that is best suited to Bob's needs? (5 Marks)
 - Art therapy can be used to treat a wide range of mental disorders and psychological distress. In many cases, it might be used in conjunction with other psychotherapy techniques such as group therapy or cognitive-behavioural therapy. List FIVE conditions that art therapy may be used to treat (5 Marks)
 - Describe FOUR main types of creative arts that are often used in expressive arts therapy. (8 Marks)
12. During your counselling sessions, you are asked by your trainer to use the three stages of the counselling process by Gerard Egan.
- Briefly explains the THREE stages of Egan's model. (6 Marks)
 - List any SIX counselling skills used in child therapy. (6 Marks)
 - Carl Rogers hypothesised that if the client experienced 'core conditions' from the counsellor, a therapeutic relationship would develop and the process of therapeutic change would start. Explain these THREE core conditions. (6 Marks)
 - There are a number of situations when a client may benefit from gentle challenging. There are multiple skills from which a counsellor can choose when challenging a client. Identify any TWO challenging skills. (2 Marks)
13. Terry and Bill have been married for five years and have a four-year old daughter named, Dawn. Terry is a stay-at-home mother and Bill works outside the home. Dawn's parents have been very attentive to her needs, giving her all the attention. Dawn had learnt to control her temper tantrums. When Dawn was three years old, her parents had a second child, Darren. Darren was born with Congenital heart problems which required more attention and medical care. Bill had to start working long hours and Terry found that caring for two demanding

children was very stressful. Dawn is having difficulty adapting to the lack of attention from her parents, she has become more clingy and whining and started showing behavioural issues at school.

- a. Using Bowlby's theory, describe the TWO types of attachment that Dawn has experienced. (4 Marks)
- b. Discuss FOUR forms of expressive arts therapy that you can use to intervene in the case of Dawn (8 Marks)
- c. Explain any FOUR benefits of personal development. (8 Marks)

14. Group counselling is an important tool when providing child counselling services.

- a. As you work with groups training trainer of trainers (TOT) programme in child counselling. Describe any TWO challenges of group counselling. (10 Marks)
- b. Erikson maintained that personality develops in a predetermined order through eight stages of psychosocial development, from infancy to adulthood. During each stage, the person experiences a psychosocial crisis which could have a positive or negative outcome for personality development. Discuss the first FIVE stages of psychosocial development. (10 Marks)