



AMREF INTERNATIONAL TRAINING CENTER

Qualification Code : 031306T4PSY
Qualification : Counselling Psychology Level 6
Unit Code : PSY/OS/CO/CR/01/6
Unit of Competency : Assess the Client

WRITTEN ASSESSMENT

CANDIDATE'S TOOL

INSTRUCTIONS TO CANDIDATE

1. You have **THREE (3) HOURS** to attempt all the questions.
2. Marks for each question are indicated in the brackets ().
3. The paper consists of **THREE (3) sections; A and B**
4. Do not write anything on the question paper
5. You are provided with a separate answer booklet.

This paper consists of (4) 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

Answer all the questions in this section

1. Adolescence regarded as the most tumultuous period of development. Briefly explain the TWO major eating disorders that a counsellor can assess in an adolescent. (4 Marks)
2. Contextual issues refer to those ethical, legal and social issues that are common during assessment. Outline any FOUR contextual issues you may encounter as an assessor. (4 Marks)
3. Client orientation to assessment is one of the responsibilities of a counsellor. List any FOUR stages involved in the orientation process of clients. (4 Marks)
4. Before conducting an assessment on a client, it is important to collect client bio-data. Outline any FOUR information that is included in bio-data. (4 Marks)
5. Psychological testing and assessment can be carried out in a variety of settings. List any FOUR settings that assessment can be done. (4 Marks)
6. Counsellors who conduct assessment rely on diagnostic manuals such as the DSM V. Identify and FOUR mental disorders that you are likely to assess. (4 Marks)
7. Supervision is a process that involves a supervisor overseeing the professional work of the supervisee. Outline any FOUR purposes of supervision to a counsellor. (4 Marks)
8. For an assessment to take place, it sometimes needs effort of several participants. Give and FOUR parties that can be involved in psychological assessment. (4 Marks)
9. Identify any Four defence mechanisms that a client can exhibit during client assessment. (4 marks)
10. Describe any Four ethical principles that an assessor should adhere to during assessment. (4 Marks)

SECTION B: (60 MARKS)***Answer any three questions on this section***

11. *Jacques is an 18-year-old college student who has been performing poorly, looks confused most of the time, has started neglecting his hygiene, keeps to himself nowadays and seems affectless. His behaviour changed when Jacques was dropped by his clique of friends who found out that Jacques had lied about his background. He became a member of this clique when he joined college. The clique was made up of “cool kids” from the city and Jacques was from the village but lived with his aunt in the city as he waited to join college. The class tutor has noticed this and has sent Jacques to your counselling center after several attempts to talk to him.*

- a. Identify Jacques’s stage of development according to Sigmund Freud, Erik Erikson and Jean Piaget. (6 Marks)
- b. State any FOUR tests you can administer during an assessment with Jacques. (4 Marks)
- c. Explain any FIVE benefits of having a positive self-esteem especially to Jacques and his age mates. (10 Marks)

12. Documentation is an important process in the counselling profession.

- a. Explain any FIVE documents that a counsellor may keep especially in the assessment process. (10 Marks)
- b. Describe any FIVE benefits of record keeping in the practice of counselling. (10 Marks)

13. The type of assessment instruments you are most likely to use in your counseling practice depends largely on the setting in which you are working, the age of the clients you see and the problems you are likely to encounter.

- a) Describe five assessment instruments used by professional counselors (10 marks)
- b) Discuss five types of settings where psychological testing and assessment is conducted. (10 marks)

14. *Trizer has been having lot of anger issues. Recently, she got angry to a point of throwing a knife at her husband while her son was watching. The husband missed the knife and did not get hurt but her anger issues are worrying. She has been referred to you as a professional counselor and you are expected to take her through anger management.*

- a) Discuss five details you would include in Trizer’s counseling contract (10 marks)

- b) Describe five stages of assessment you would take Trizer through to ensure behavior change (10 marks)

15. Research is continually proving that positive outcomes are less predicated on a certain type of therapy, as they are on the counselor's ability to be enthusiastic, confident, and present a belief in the patient's ability to change.

- a) Analyze five basic counseling skills a counselor need to possess (10 marks)
b) Discuss five characteristics of an effective counselor- counselee relationship (10 marks)

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