



Qualification Code : **031306T4PSY**
Qualification : **Counseling psychology Level 6**
Unit Code : **PSY/OS/CO/CR/03/6/A**
Unit of Competency : **Provide Crisis Counseling**

EXCERPT

INSTRUCTIONS TO THE PERSON ACTING AS THE 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 15 minutes to rehearse.

James is a 45-year-old male who has recently lost work through a staff rationalization program. He had worked as war veteran for a period of twenty years and had been rated twice as an outstanding soldier. He could not believe this because he had always seen himself as a good worker who sacrificed a lot to accomplish his work goals. In addition to this James has severe marital issues. His wife had decided to leave him when he lost his work. She said her children will lack food and will not be provided for. His terminal benefits had been delayed and he could not understand the reasons for the delay. Usually, when soldiers are retired their benefits are processed quickly. Equally, he has been having relational difficulties with their first-born daughter who is in her third year at the University of Nairobi.

Three weeks ago, a childhood friend died through a road accident and his world broke lose. He could not fathom why all these things were happening to him. Currently, he is unable to eat, and he is struggling with sleeping. His friends are telling him he is withdrawing from them and he knows this is true, but he does not know what to do about it. He is unable to move forward, and he says he does not have answers to his situation. He is referred to you for counselling by one of his friends.