



AMREF INTERNATIONAL TRAINING CENTER

Qualification code : 092306T4SWC
Qualification : Social work and community development level 6
Unit code : BUS/OS/SW/CC/03/6
Unit of competency : Perform psycho social support

CANDIDATE WRITTEN ASSESSMENT

INSTRUCTIONS TO CANDIDATE

1. You have **THREE (3)** hours to answer all the questions.
2. Marks for each question are indicated in the brackets.
3. The paper consists of **TWO** sections: A and B
4. Do not write on the question paper.
5. A separate answer booklet will be provided.

*This paper consists of **THREE (3)** 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 (40MARKS)

Answer all the questions in this section

1. Highlight four benefits of note-taking in a counseling session. (4 Marks)
2. Outline five reasons for assessing clients before providing psychosocial support services. (4 Marks)
3. Distinguish between the following terms as used in psychosocial support services
 - a) Non-directive and eclectic method counseling (2 Marks)
 - b) Client-initiated termination and counselor-initiated termination. (2 Marks)
4. List three defense mechanisms that may arise in the course of working with a client in counseling. (3 Marks)
5. Mention four psychological issues that may necessitate an individual to seek psychosocial support services. (4 Marks)
6. List three ways of building and maintaining a relationship with a client during the assessment phase. (3 Marks)
7. In an initial session with a social worker the client refuses to permit the medical and family records to be released. State four grounds that may warrant the counselor to breach the confidentiality of the client. (4 Marks)
8. Tandi has had a difficult time expressing her issues to counseling. State three strategies a counselor should use to explore information from the client. (3 Marks)
9. Highlight three benefits of maintaining ethical standards in counseling. (3 Marks)
10. State four roles of psychosocial support activities (4 Marks)
11. A 28-year-old client with a long-standing history of drug use is referred to a social worker by a concerned relative. State two methods you can recommend to reduce drug and substance abuse among youths. (2 Marks)
12. Highlight two examples of non-verbal counseling cues. (2 Marks)

SECTION B (60MARKS)

Answer any THREE (3) questions in this section

13. Marna Blue is a 32-year-old woman who was sexually abused by her father when she was a teenager. Originally, the abuse started when her mother was hospitalized for three months and Marna, as the eldest daughter, had to take over many of her mother's responsibilities. Marna hails from Salama, in Dallas County, and is currently a teacher at an elementary school. Although she has always had some recollections of the abuse, it is not until recently that Marna felt that it was having a big impact on her life. She describes herself as having experiences of nightmares, relationship problems, contact with her family of origin, and events that reinforced her low self-esteem. She describes the impact of the exposure to trauma which has led her to indulge in drug addiction

Using the case study above, answer the following questions;

- a) Identify two theories that can be used to explain Marna's behavior (2 Marks)
 - b) Outline three tools you can use to assess the client (3 Marks)
 - c) State five components of a psychosocial assessment tool. (5 Marks)
 - d) Prepare a profile of the client from the case study above (5 Marks)
 - e) Highlight five therapy techniques you can adopt as a counsellor to assist the client (5 Marks)
14. You have been tasked to look for a counselor for your organization to work with clients seeking for psychosocial support services.
- a) Describe five personal qualities you would consider when hiring a counselor. (10 Marks)
 - b) Discuss five stages the counsellor should follow when conducting counselling sessions with the clients. (10 Marks)
15. Communication can successfully strengthen relationships in counseling by gathering feedback from the client and incorporating it into treatment.
- a) Explain five types of communication essential in counseling. (10 Marks)
 - b) Analyze five barriers to effective communication in counseling. (10 Marks)

16. a) Theoretical approaches are an integral part of the therapeutic process. Explain five counseling theories (10 Marks)
- b) The ability to manage boundaries is a competency that all counselors and therapists should have. By referring to the above statement, discuss five principles adhered to in counseling. (10 Marks)

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