



**AMREF INTERNATIONAL TRAINING CENTER**

**Qualification Code** : 031305T4PSY  
**Qualification** : Counselling Psychology Level 5  
**Unit Code** : PSY/CU/ CO/CR/01/5/A  
**Unit of Competency** : Assess the Client

**WRITTEN ASSESSMENT**

**INSTRUCTIONS TO CANDIDATE**

1. You have **THREE** hours to answer all the questions.
2. This paper has two sections A and B.
3. You are provided with a separate answer booklet.
4. Marks for each question are indicated in the brackets.
5. Do not write on the question paper.

*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 (40 MARKS)**

*Answer ALL questions in this section.*

1. Define the following terms as used in assess the client in counselling.
  - a) Client referral (2 Marks)
  - b) Confidentiality (2 Marks)
2. Before conducting a counselling session with a client, it is important for a counsellor to prepare a counselling room/venue. Mention **five** items that are found in a counselling venue/room. (5 Marks)
3. It is important for a counsellor to collect a client's bio-data/information while conducting a session with a client. Outline **five** basic information that should be included in the client intake form/biodata. (5 Marks)
4. Stress has symptoms that are often mistaken for other physical illnesses. Identify **five** physical symptoms of stress. (5 Marks)
5. Individuals experience various issues from time to time. List **five** issues that may necessitate clients to seek counselling services. (5 Marks)
6. There are types of clients that may not be required to sign a consent form. Mention **three** such clients. (3 Marks)
7. List **two** different tools that can be used during an assessment. (2 Marks)
8. Assessment is important before conducting a counselling session, state **four** benefits of client assessment. (4 Marks)
9. Various ethics are important when dealing with clients. Outline **three** ethical issues that counsellors should consider when carrying out an assessment. (3 Marks)
10. There are various reasons that may require clients to be referred to other professionals. State **four** reasons why a client is referred in counselling. (4 Marks)

**SECTION B. (60 MARKS)**

*Answer any Three questions in this section*

11. Various counselling skills should be applied by the counsellor for the effective running of the sessions. These counselling skills are used to strengthen the client/ counsellor relationship during the session.
- a) Discuss **five** counselling skills the counsellor can use while conducting a counselling session. (10 Marks)
  - b) Describe **five** requirements the counsellor would consider as they prepare an assessment venue/counselling room. (10 Marks)
12. a) Supervision is a process that involves an individual overseeing the professional work of the supervisee. Explain **five** purposes of supervision to a counsellor. (10 Marks)
- b). Termination is the process of ending a counselling session with a client. Analyze **five** reasons for terminating a counselling session. (10 Marks)
13. Counsellors are expected to carry out counselling sessions effectively for the benefit of clients during the counselling sessions.
- a) Discuss **five** characteristics of an effective counsellor. (10 Marks)
  - b) Explain **five** benefits of counselling to a client. (10 Marks)
14. According to the counselling profession documentation is an important element that every counsellor should adhere to.
- a) Describe **five** documents that a counsellor may keep especially in the assessment process. (10 Marks)
  - b) Explain **five** benefits of record keeping in the practice of counselling. (10 Marks)

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