



**AMREF INTERNATIONAL TRAINING CENTER**

**Qualification Code** : HE/CU/DPSY/BC/01/6/A

**Course Title** : Counselling Psychology Level 6

**Unit Code** : HE/OS/CH/BC/08/6/A

**Unit of Competency** : Provide Addiction Counselling

**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** 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 the questions in this section)*

1. Drugs can be administered differently depending on the type of drug. Identify **four** ways of drug administration. (4 Marks)
2. An addiction counsellor at a rehabilitation unit plays a crucial role in helping individuals overcome substance abuse and achieve long-term recovery. State **four** key responsibilities of an addiction counsellor at a rehabilitation unit. (4 Marks)
3. People may be motivated to use psychoactive drugs for various reasons, and this motivation can be complex and multifaceted. Identify **four** reasons why individuals would be motivated to use psychoactive drugs. (4 Marks)
4. Assessment is an important area in drug addiction counseling as it determines the key success of the whole therapy. Highlight **four** information that an addiction counsellor should pick during intake and screening of clients with substance use problems. (4Marks)
5. When using assessment tools, it is essential to ensure that they are valid, reliable, and culturally appropriate for the population being assessed. List **four** assessment tools used in addiction counselling to measure the severity of substance use problem. (4 Marks)
6. Behavioural addiction refers to a pattern of repeated behaviours that become habit-forming and may negatively impact various aspects of an individual's life. Enumerate **four** examples of behavioural addictions that a therapist should know. (4 Marks)
7. Confidentiality is a moral element that every counsellor should practice. State **four** situations that legally obligate therapists to break confidentiality in addiction counselling. (4 Marks)
8. Building rapport is essential in any counselling setting, and addiction counselling is no exception. Outline **four** counselling skills that an addiction counsellor will use to build rapport during therapy sessions. (4 Marks)
9. Drug addiction counselling aims to address various aspects of an individual's substance use disorder. List **four** goals of drug addiction counselling. (4 Marks)
10. Addiction counselling has unique legal and ethical considerations. Highlight **four** ethical and legal issues in addiction counselling. (4 Marks)

**SECTION B: (60MARKS)**

*Answer any THREE questions in this section*

11. Supervision in counselling involves the oversight, guidance, and support provided to counsellor's psychotherapists by more experienced professionals. The specific type of supervision used may vary based on the context, regulatory requirements, and the developmental stage of the counsellor.
- a) Explain **three** types of supervision. (6 Marks)
  - b) Discuss **seven** reasons why supervision is carried out in counselling. (14 Marks)
12. Preventing relapse involves developing a comprehensive relapse prevention plan by a counsellor in the addiction recovery process.
- a) Describe **five** elements which need to be factored into a relapse prevention plan. (10 Marks)
  - b) Explain **five** reasons why a relapse may occur in the addiction recovery journey in some clients. (10 Marks)
13. a) Addiction in youths, often referred to as substance use disorder (SUD), is a complex condition characterized by the compulsive use of substances despite negative consequences. Explain **five** causes of addiction among young people in society. (10 Marks)
- b) Counsellors working with youths who are at risk of substance abuse can employ a range of prevention strategies. Discuss **five** prevention approaches for drug and substance abuse that a counsellor can use in helping youths who are addicted. (10 Marks)
14. The referral process in counselling involves the systematic and thoughtful transfer of a client from one counsellor or service to another, typically when the referring counsellor believes that the client's needs would be better met by another professional or service.
- a) Describe an overview of the referral process in counselling. (10 Marks)
  - b) Discuss **five** circumstances where an addiction counsellor may refer a client to another professional. (10 Marks)