



AMREF INTERNATIONAL TRAINING CENTER

Qualification Code : 031305T4PSY
Qualification : Counselling Psychology Level 6
Unit Code : PSY/OS/C/BC/01/9/A
Unit of Competency : Provide Child 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 FOUR (4) 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. Termination is the final stage of the counselling process. State **four** reasons that make termination of a therapeutic alliance important in counselling. (4 Marks)
2. Highlight **four** situations that legally obligate therapists to break confidentiality and seek outside assistance. (4 Marks)
3. Autistic children belong to special groups in the provision of child therapy. Identify **four** signs of autism in children. (4 Marks)
4. According to Jean Piaget, cognitive development means the growth of a child's ability to think and reason. This growth happens differently from ages 6 to 12, and from ages 12 to 18. Children ages 6 to 12 years old develop the ability to think in concrete ways. Explain **two** cognitive abilities of a child aged between 12 and 18 years. (4 Marks)
5. When collecting a child's information that may be helpful in assessment, mention **four** items you may need in the bio-data. (4 Marks)
6. A 'counselling contract' (or a 'counselling agreement') is a mutual agreement between the counsellor and the client in which the outline of the therapeutic working alliance is presented. Identify **four** components of a counselling contract. (4 Marks)
7. There have been many reported cases of suicide among teenagers in the recent past. One commonly used brief screening tool is the Columbia Suicide Screen. List **four** areas in which this tool evaluates. (4 Marks)
8. Children are one of the most fragile beings that we can encounter. Jane desires to be a child psychologist. Mention to her the **four** qualities she needs to qualify for this job. (4 Marks)
9. Explain **two** reasons for developing a treatment plan in child counselling. (4 Marks)
10. Identify **four** situations when a counsellor may refer a child to another counsellor. (4 Marks)

SECTION B: (60 MARKS)

Answer any THREE questions in this section

11. Ten-year-old Bob lost both parents in grisly road accident a month ago. He was the only survivor. Since then, he has not been talking to anyone. Most of the time he has been seen scribbling things on a piece of paper and erasing them immediately. His favourite Aunt has tried to have him talk to no avail. As a professional child therapist you want to try Expressive art during your counselling sessions with Bob
- a). Describe **four** main types of creative arts that are often used in expressive arts therapy. (8 Marks)
- b). As Bob's therapists what state **five** techniques you can utilize in order to create a treatment that is best suited to Bob's needs? (5 Marks)
- c) Art therapy can be used to treat a wide range of mental disorders and psychological distress. In many cases, it might be used in conjunction with other psychotherapy techniques such as group therapy or cognitive-behavioural therapy. Highlight **five** conditions that art therapy may be used to treat. (5 Marks)
- d). Identify **two** facts one needs to know before using Art Therapy. (2 Marks)
12. During your counselling sessions, you are asked by your trainer to use the three stages of the counselling process by Gerard Egan.
- a). Explains **three** stages Egan's model contains. (6 Marks)
- b) List **six** counselling skills used in child therapy. (6 Marks)
- c) Carl Rogers hypothesised that if the client experienced 'core conditions' from the counsellor, a therapeutic relationship would develop and the process of therapeutic change would start. Explain **three** core conditions. (6 Marks)
- d) There are several situations when a client may benefit from gentle challenges. There are multiple skills from which a counsellor can choose when challenging a client. Identify **two** challenging skills. (2 Marks)
13. Working with children as counsellor has exposed you to a lot of learning. You have attended many workshops on child counselling and learnt that as a child counsellor, it's crucial to focus on décor in order to make children feel more comfortable during counselling. As such you have

found it necessary to train as a trainer of trainers so that you can reach out to those interested in child counselling.

- a) State three ways you can use décor in preparing the room for child counselling. (6 Marks)
- b). As you work with groups training trainer of trainers (TOT) programme in child counselling. describe **two** challenges of group counselling you may face. (4 Marks)
- c). Explain **five** life skills training you can advocate in child therapy. (10 Marks)

13. Erikson maintained that personality develops in a predetermined order through eight stages of psychosocial development, from infancy to adulthood. During each stage, the person experiences a psychosocial crisis which could have a positive or negative outcome on personality development

- a) Discuss the first **five** stages of psychosocial development (10 Marks)
- b) Explain **five** benefits of psychosocial theory in the provision of child therapy. (10Marks)

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