



**AMREF INTERNATIONAL TRAINING CENTER**

**Qualification code** : 031306T4PSY  
**Qualification** : Counselling Psychology Level 6  
**Unit code** : PSY/OS/CO/CR/10/6  
**Unit of competency** : Provide Adolescent Counselling

**WRITTEN ASSESSMENT**

**INSTRUCTIONS TO CANDIDATES**

1. This paper consists of two sections: **A** and **B**.
2. You are provided with a separate answer booklet.
3. Marks for each question are as indicated.
4. Do Not write on the question paper.

*This paper consists of three (3) printed pages*

*Candidate 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 adolescent counselling.
  - a) Coaching (2 Marks)
  - b) Mentoring (2 Marks)
2. Adolescent counsellors need to ensure that the therapy rooms have the necessary resources to facilitate counselling. Outline **four** of these resources. (4 Marks)
3. Adolescence is a complex period of development marked by significant physical, emotional, and social changes. Identify **four** counselling challenges adolescents may present in counselling. (4 Marks)
4. A smooth transition from childhood to adulthood requires adolescents to develop essential life skills. State **four** life skills needed by adolescents. (4 Marks)
5. Mental health disorders can manifest differently in adolescents. List **four** common disorders that may be diagnosed among adolescents. (4 Marks)
6. Supervision plays a crucial role in supporting and developing adolescent counsellors. State **four** types of supervision for adolescent counsellors. (4 Marks)
7. Psychological testing can be a valuable tool in adolescent counselling. List **four** common psychological tests used to assess teenagers. (4 Marks)
8. Building rapport and a strong therapeutic relationship is essential for successful adolescent counselling. Highlight **four** key interpersonal skills essential when counselling adolescents. (4 Marks)
9. Confidentiality is a cornerstone of the therapeutic relationship, but there are situations where it may need to be breached. Identify **four** ethical situations where confidentiality might need to be breached in adolescent counselling. (4 Marks)
10. Puberty marks a period of significant physical development in adolescents. Mention **four** major physical developmental changes that an adolescent may experience. (4 Marks)

**SECTION B: (60 MARKS)**

*(Answer any THREE (3) questions in this section)*

11. John, a 17-year-old form three student at Nairobi school is feeling overwhelmed by the pressure to perform well academically and qualify for medical school. He has been experiencing frequent headaches, difficulty sleeping, and a lack of appetite. His parents have noticed that he is becoming increasingly withdrawn and irritable.
- a) Identify the psychosocial and psychosexual stages of development depicted in this scenario. (4 Marks)
  - b) Describe **three** physical and psychological symptoms of stress that John might be experiencing. (6 Marks)
  - c) Discuss **five** effective stress management techniques that John can use to cope with his academic pressures. (10 Marks)
12. a) Group counselling is an integral part of adolescent counselling, sometimes it is effective and sometimes it may be ineffective. Explain **five** reasons why group counselling may be ineffective. (10 Marks)
- b). Counselling entails the development of a treatment plan to effectively guide and empower the client to gain a different perspective on their issues. Describe **five** elements of an effective treatment plan. (10 Marks)
13. Sigmund Freud is prominent for his psychosexual development stages and defense mechanisms.
- a) Describe the **five** psychosexual stages of personality development according to Sigmund Freud. (10 Marks)
  - b) Explain **five** defense mechanisms proposed by Sigmund Freud. (10 Marks)
14. Parental involvement is crucial in the counselling process for adolescents.
- a) Explain **four** ways in which parents can support their adolescents during the counselling process. (8 Marks)
  - b) Examine **six** challenges counsellors may face when working with parents of adolescents. (12 Marks)