



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

PRACTICAL ASSESSMENT

INSTRUCTIONS TO THE PERSON ACTING AS THE CLIENT

1. Rehearse the following excerpt which captures the content of what you will present to the counselor in a simulated situation where you act as a client.
2. You have 10 minutes to rehearse.

EXCERPT

Mary is a 15-year-old form one student. Lately, she has become moody and no longer attends family gatherings. She has also become isolated and dislikes dresses. She has started dressing in baggy clothes and walks hunchbacked. She is an average student and finds it difficult to make friends. Her mother tells her she is beautiful, but this makes her feel uncomfortable, and does not believe her. She feels like she is too tall and too fat for her age. She wears baggy clothes to hide her physical development. She has a crush on Kelvin, her neighbour, who is in college. She spends most of her alone time daydreaming about “their” future together. The parents have referred Mary to a counsellor for counselling.