



AMREF INTERNATIONAL TRAINING CENTRE

Qualification Code : 031306T4PSY
Qualification : Counselling Psychology Level 6
Unit Code : PSY/OS/CO/CR/12/6
Unit of Competency : Provide Workplace Counselling

INSTRUCTIONS TO THE PERSON ACTING AS THE CLIENT

1. Rehearse the following excerpt which captures the content of what you will present to the counsellor in a simulated situation where you act as a client.
2. You have 15 minutes to rehearse.

EXCERPT

Mark is a 60-year-old gentleman, a civil servant in the ministry of Lands. He has been working there for the last forty years. He is preparing for retirement in the next two months and developing health complications lately. He is suffering from insomnia, hypertension, joint pains nausea and fatigue most of the time. He has several fears such as; fear of old age, he fears that his family may not accept him readily and that he might be very idle in the rural home he might die alone and lonely amid many people, he fears that he might be the laughing stock in his village. He has his regrets for not forming friends and establishing a business when he was capable. He feels like it is too late to start something, he is scared of being helpless and becoming a burden to his family. He is not ready for retirement yet and is planning to renew his contract with the ministry. He is referred to a workplace counsellor for psychological support.