

031305T4PSY

COUNSELLING PSYCHOLOGY LEVEL 5

PSY/OS/CO/CR/01/5

ASSESS THE CLIENT

July /August 2024



**TVET CURRICULUM DEVELOPMENT, ASSESSMENT AND CERTIFICATION
COUNCIL (TVET CDACC)**

WRITTEN ASSESSMENT

CANDIDATE'S TOOL

TIME: 3 HOURS

INSTRUCTIONS TO CANDIDATE

1. Marks for each question are indicated in the brackets ().
2. The paper consists of **TWO (2)** sections; **A** and **B**.
3. Do not write anything on the question paper
4. You are provided with a separate answer booklet.

This paper consists of (3) printed pages.

Candidates should check the question paper to ascertain that all pages are printed as indicated and that no questions are missing.

SECTION A: (40 MARKS)

Answer ALL questions in this section.

1. The assessment process in counselling therapy is essential for diagnosing mental disorders. Identify FOUR mental disorders that a counsellor can assess in a client. (4 Marks)
2. Most counsellors use a psychological test to assess a client. Outline FOUR characteristics of a good test. (4 Marks)
3. Penny is a registered clinical supervisor and has been providing clinical supervision to counsellors for the past three years. Name FOUR responsibilities of a counsellor supervisor. (4 Marks)
4. Termination is challenging for most counsellors, especially for beginning counsellors. State FOUR ways in which one can terminate an assessment session. (4 Marks)
5. Personality theories help us understand the personality dynamics in different people during their lifespan. Name FOUR personality theories. (4 Marks)
6. A counsellor needs to have self-care strategies to remain competent. Outline any FOUR purposes of self-care for a practising counsellor. (4 Marks)
7. An assessment venue is used as a therapeutic tool during assessments and even counselling. List FOUR items a counsellor needs to have in the counselling room during the assessment. (4 Marks)
8. Claudia conducts Counselling assessment at the Fariji counselling centre. However, she is required to perform this task in other settings beyond her traditional counselling centre. State FOUR other settings where counselling assessment can be conducted. (4 Marks)
9. Contracting refers to establishing an agreement between the counsellor and client regarding the terms and conditions of the counselling relationship. Mention FOUR key aspects of a contract during the assessment process. (4 Marks)
10. Counsellors are encouraged to write an assessment report after each assessment. Outline FOUR components of an assessment report. (4 Marks)

SECTION B: (60 MARKS)

*Answer any **THREE** questions in this section*

11. Claudia is a 22-year-old college student pursuing a diploma in nursing. She is a 1st born in a family of 5. Her father, the sole breadwinner of the family, passed on when she was in form four. Her mother has sold some property for her to go to nursing school, and two of her sisters are waiting to join college after Claudia finishes school. She feels she has to perform in school, get a job and help her family. She has started using bhang and alcohol to help her focus and sleep well. This has had the opposite effect, as her grades have dropped, and she has failed 5 exams in her last trimester. Claudia has locked herself in her room; she does not want to see anyone. She has switched off her phone, and her last social media status was “I fought a good fight, and I lost”. She has not been eating and feels fatigued, hopeless and helpless.
- a. Identify ONE assessment tool that you would use to help diagnose Claudia. (2 Marks)
 - b. Describe FOUR causes of mental disorders amongst college students. (8 Marks)
 - c. Explain FIVE symptoms that may indicate that Claudia is not okay and needs counselling. (10 Marks)
12. The ethics governing counselling requires a counsellor to practice within their area of competence.
- a. Explain FIVE ways you will employ to gain competence in your specific area of practice. (10 Marks)
 - b. Describe the FIVE major ethical principles applicable to professional counselling practice. (10 Marks)
13. Peter, a counsellor, noticed during the assessment that many of the client’s presenting issues are defence mechanisms.
- a. Discuss the FIVE benefits of psychological tests. (10 Marks)
 - b. Describe FIVE ego defence mechanisms a client could portray in an assessment session. (10 Marks)
14. The stage of human development a client is at helps counsellors during the assessment process.
- a. Outline the first FIVE stages of the psychosocial theory by Erick Erickson (10 Marks)
 - b. Discuss FIVE psychosexual stages as postulated by Sigmund Freud. (10 Marks)