

031306T4PSY

COUNSELLING PSYCHOLOGY LEVEL 6

PSY/OS/CO/CR/08/6

Provide Addiction Counselling

July/August 2024



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

CANDIDATE WRITTEN TOOL

TIME: 3 HOURS

INSTRUCTIONS TO CANDIDATES

1. The paper consists of **TWO** sections: **A & 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 (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 the questions in this section

1. Research has shown that many people consciously or unconsciously abuse drugs and substances. State FOUR circumstances under which drugs are abused and misused. (4 Marks)
2. Psychoactive drugs have short-term and long-term effects on the Central Nervous System. Outline FOUR classifications of these psychoactive drugs. (4 Marks)
3. Several factors contribute to the initiation, continuation and maintenance of drug use. State FOUR risk factors leading to drug use. (4 Marks)
4. When conducting intake and screening of clients with substance use problems, addiction counsellors should prioritize gathering comprehensive information to assess the client's needs, risks, and treatment options effectively. Mention FOUR aspects of information that an addiction counsellor should pick during intake and screening of clients with substance use problems. (4 Marks)
5. No single treatment is appropriate for everyone because it depends on the type of drug and the characteristics of the patient. Therefore, screening evaluates the possible presence of a particular problem. Identify FOUR relevant screening tools that can be used for this purpose. (4 Marks)
6. The reaction rate of a drug in the body depends on the method of administration. List FOUR routes of drug administration by drug users. (4 Marks)
7. Drugs alter, modify and change the neuro-communication by either overproducing or underproducing the neurotransmitters. Mention FOUR neurotransmitters that are affected. (4 Marks)
8. Addiction counsellors perform various duties and responsibilities. List FOUR responsibilities of an addiction counsellor in a rehabilitation centre. (4 Marks)
9. Counsellors use various basic counselling skills to offer counselling services to clients. Identify FOUR basic counselling skills the counsellor will use to deeply understand the client (4 Marks)
10. The collaborative data collected during screening and assessment of the client informs the treatment plan. Mention FOUR elements in the treatment plan. (4 Marks)

SECTION B: (60 MARKS)

*Answer any **THREE** questions from this section*

11. According to the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5), a substance use disorder (SUD) involves a pattern of symptoms caused by the use of a substance that an individual continues to take despite experiencing significant negative consequences.
- a. Discuss FIVE symptoms that determine the severity of a substance use disorder. (10 Marks)
 - b. Interventions for substance use disorder (SUD) encompass a range of approaches aimed at addressing the complex nature of addiction and supporting individuals in achieving and maintaining recovery. Explain FIVE common interventions used in the treatment of SUD. (10 Marks)
12. Supervision is a professional service that encourages the counsellor to develop self-awareness and facilitate self-learning, resulting in ongoing professionalism.
- a. Discuss FIVE benefits of clinical supervision to an addiction counsellor (10 Marks)
 - b. Highlight FIVE qualities of a supervisor in supervision (10 Marks)
13. Addiction and relapse prevention are critical aspects of addiction treatment and recovery.
- a. Describe FIVE elements that need to be included in a relapse prevention plan. (10 Marks)
 - b. Explain FIVE stages of an addiction process (10 Marks)
14. The Code of ethics serves as a gatekeeper in protecting the client and the addiction professional.
- a. Describe FIVE major ethical principles applicable to professional counselling practice. (10 Marks)
 - b. Discuss FIVE reasons why the Code of Ethics is crucial in Addiction Counselling (10 Marks)