

031306T4PSY

COUNSELLING PSYCHOLOGY LEVEL 6

PSY/OS/CO/CR//01/06

Provide Client Assessment

July/August 2024



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

WRITTEN ASSESSMENT

CANDIDATE TOOL

TIME: 3 HOURS

INSTRUCTIONS TO CANDIDATES

1. This paper has 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 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. Define the following terms as used in client assessment (4 Marks)
 - i. Assessment
 - ii. Client referral
2. Bipolar disorder is characterized by extreme mood swings that include emotional highs (mania or hypomania) and lows (depression). Identify and describe TWO common symptoms experienced during the manic phase of bipolar disorder. (4 Marks)
3. Observation is one assessment method that a counsellor will likely apply when conducting client assessment. State FOUR other methods of assessment (4 Marks)
4. In some cases, a counsellor may find it necessary to refer a client before sessions are over. Highlight FOUR reasons for client referral. (4 Marks)
5. The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5), classifies mental disorders into various categories based on similar clinical characteristics and symptom presentations. State FOUR categories of mental disorders outlined in the DSM-5 (4 Marks)
6. According to Jean Piaget's theory of cognitive development, the sensorimotor stage is the first stage of cognitive development that occurs from birth to around age 2. Describe FOUR major characteristics and developmental changes in the sensorimotor stage. (4 Marks)
7. Various theoretical approaches and models can guide the assessment process, offering unique perspectives on human behaviour and psychological functioning. Outline FOUR types of theoretical applications in client assessment (4 Marks)
8. A depressed client may experience a loss of interest in their daily activities. Identify other FOUR clinical features of depression. (4 Marks)
9. Client assessment in counselling encompasses a variety of methods and techniques used to gather information about a client's presenting concerns, background, strengths, challenges, and goals. List FOUR types of client assessments in counselling. (4 Marks)
10. Psychometric testing is critical in client assessment. Mention FOUR types of psychometric tests. (4 Marks)

SECTION B: [60 MARKS]

Answer any THREE questions from this section.

11. Sleep is a naturally recurring state of rest characterized by altered consciousness, reduced sensory awareness, and decreased responsiveness to external stimuli.
 - a) Explain the FIVE stages of sleep (10 Marks)
 - b) Giving examples, discuss FIVE sleep disorders. (10 Marks)
12. Anxiety is a normal and adaptive response to stress or perceived threats, but when it becomes excessive, persistent, or disruptive to daily life, it may indicate an anxiety disorder.
 - a) Explain FIVE symptoms of anxiety. (10 Marks)
 - b) Discuss FIVE techniques that can be used in treatment of anxiety disorders. (10 Marks)
13. Sexual dysfunction refers to a difficulty or disturbance in sexual desire, arousal, orgasm, or pain that causes distress or impairment in interpersonal relationships or overall quality of life.
 - a) Explain FIVE causes of sexual dysfunctions (10 Marks)
 - b) Discuss FIVE sexual dysfunctions. (10 Marks)
14. A counselling contract is a foundational document that outlines the terms, expectations, and boundaries of the therapeutic relationship between a counsellor or therapist and their client.
 - a) Explain FIVE components of a contract form in counselling. (10 Marks)
 - b) Describe FIVE key reasons for contracting in counseling (10 Marks)