



AMREF INTERNATIONAL TRAINING CENTER

Qualification Code : 031306t4psy
Qualification : Counselling Psychology Level 5
Unit Code : PSY/CU/CO/CR/02/5/A
Unit Of Competency : Provision Of Basic Counselling Services

WRITTEN ASSESSMENT

INSTRUCTIONS TO CANDIDATE

1. You have **THREE** hours to answer all the questions.
2. This paper has two sections A and B.
3. You are provided with a separate answer booklet.
4. Marks for each question are indicated in the brackets.
5. Do not write on the question paper.

This paper consists of THREE (3) printed pages

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

SECTION A: (40 MARKS)

Answer all the questions in this section

1. Counsellors ascertain what the client perceives to be their biggest issue and the reasons why they go for counselling. Name FOUR issues that may compel clients for counselling (4 Marks)
2. There are problems that counsellors face while counselling clients. Mention FOUR common problems faced by counselors during counselling sessions (4 Marks)
3. It is important for a counsellor to collect the client's bio-data/information while conducting a session with a client. Outline FOUR basic information that should be included in the client intake form/biodata (4 Marks)
4. Guiding and counselling are important for clients and students. Highlight TWO differences between guidance and counselling (4 Marks)
5. A counseling contract is a formal agreement between a therapist and client that outlines the terms of their therapeutic relationship Name FOUR characteristics of a counselling contract (4 Marks)
6. Before conducting a session, the counsellor should ensure that the counselling room/venue is well prepared. Mention FOUR items that are found in a counselling room (4 Marks)
7. Group counselling can be conducted among clients experiencing similar issues. State FOUR advantages of group counselling (4 Marks)
8. There are types of clients that may not be required to sign a consent form. Mention FOUR such clients who may not be able to sign a consent form (4 Marks)
9. Highlight FOUR reasons why evaluation should be conducted in counselling therapy (4 Marks)
10. A counselling contract is terminated according to counselling standards. Outline FOUR reasons for terminating a counselling contract (4 marks)

SECTION B: (60 MARKS)

Answer Any Three Questions in This Section

11. The relationship between the counsellor and the client is an important aspect of the therapeutic process.

a) Explain FIVE counselling skills that counsellors use for effective counselling sessions (10 marks)

b) Making appropriate referrals is part of professional conduct for counsellors in practice. Discuss FIVE reasons for client referral (10 marks)

12. The relationship between a counsellor and a client is an important aspect of the therapeutic process.

a) Explain FIVE benefits of counselling to a client (10 Marks)

b) Discuss FIVE ways in which a counsellor can communicate effectively with a child with learning difficulties (10 marks)

13. There are some factors that should be considered when preparing a counselling venue for a client.

a) Discuss FIVE factors a counsellor should consider when preparing a counselling venue for a client (10 marks)

b) Explain FIVE roles of a counsellor during and after a counselling session with a client (10 marks)

14. There are various problems that counsellors face while counselling clients.

a) Explain FIVE common problems that counsellors face in their work (10 Mark)

b) Discuss FIVE qualities/ characteristics of an effective counsellor (10 Marks)