



**AMREF INTERNATIONAL TRAINING CENTRE**

**Qualification Code** : 031306T4PSY  
**Qualification** : Counselling Psychology Level 6  
**Unit Code** : PSY/OS/CO/CR/10/6/A  
**Unit of Competency** : Provide Adolescent Counselling

**WRITTEN ASSESSMENT**

**Time: 3 HOURS**

**INSTRUCTIONS TO CANDIDATE**

1. Marks for each question are indicated in the brackets.
2. The paper consists of **TWO** sections: **A** and **B**.
3. Candidates are provided with a separate answer booklet
4. **DO NOT** write on this question paper.

**This paper consists of THREE (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. Define the following terms as used in adolescent counselling:
  - a) Life skills (2Marks)
  - b) Attachment (2Marks)
2. A good counselling venue will determine the success of a counselling session. Outline FOUR features of an effective therapeutic room. (4Marks)
3. Competent counselors should practice counseling services in respect to ethics and principles that guide counselling profession. Identify FOUR unethical behaviors affecting counselling process. (4Marks)
4. Counselling profession is guided by standards. State FOUR counselling standards required in adolescent counselling (4Marks)
5. Self-disclosure is one of the key skills that therapist should possess. State FOUR roles of self-disclosure in counseling learners with special needs and disabilities. (4Marks)
6. Highlight FOUR characteristics of Cognitive Functioning in adolescents according to Jean Piaget. (4Marks)
7. Highlight FOUR developmental tasks adolescents may successfully achieve based on Eric Erickson's theory. (4Marks)
8. Teenagers are often reluctant to talk in therapy and getting them to talk can be a challenge. Identify FOUR ways a counsellor may build good rapport with an adolescent. (4 Marks)
9. Confidentiality is a cornerstone of the therapeutic relationship, but there are situations where it may need to be broken. Identify FOUR ethical situations where confidentiality might need to be breached in adolescent counselling. (4 Marks)
10. Termination is the ending of counselling session. Mention FOUR reasons why a client may initiate termination. (4 Marks)

**SECTION B (60 MARKS)****Answer Any THREE Questions in This Section**

11. Lily is 14 years old. She's the last born in her family. She's in form one at a well performing public school. She has been brought for counselling because she has been having migraines while in school. She says the school is too competitive and she is not performing so well. Her grades are good but because of the competition, she ranks lower than she wanted to. She's now very frustrated and wants to change schools. She wants to go to a school with an international curriculum because most of her friends are in such schools. She says things are easier there. Her father has refused to take her there and tells her that he cannot afford it. She's convinced that he can afford to take her to such a school and that he's just being stubborn. She's threatening to take her own life to punish him. She says she's suffering and yet she's not the one who chose that school. She says her mother has always allowed her to choose what she wants to do with her life.

- a) Using the above case study, answer the following questions
  - i. Identify the origin of Lily's problem according to the behavioral theory? (2 Marks)
  - ii. Discuss FOUR problems that Lily has using the concepts of the Rational Emotive Behaviour Therapy. (8 Marks)
- c) Explain FOUR theoretical techniques that you would apply to help the above client. (10 Marks)

12. John, a 17-year-old form three student at Nairobi school is feeling overwhelmed by the pressure to perform well academically and qualify for medical school. He has been experiencing frequent headaches, difficulty sleeping, and a lack of appetite. His parents have noticed that he is becoming increasingly withdrawn and irritable.

- a) Identify FOUR psychosocial and psychosexual stages of development depicted in this scenario. (4 Marks)
- b) Describe THREE physical and psychological symptoms of stress that John might be experiencing. (6 Marks)
- c) Discuss FIVE effective stress management techniques that John can use to cope with his academic pressures. (10Marks)

13. The referral process in counselling involves the systematic and thoughtful transfer of a client from one counsellor or service to another, typically when the referring counsellor believes that the client's needs would be better met by another professional or service.

- a) Describe an overview of the referral process in counselling (5 Marks)
- b) Identify FIVE situations when an adolescent counsellor may refer John to another professional. (5 Marks)
- c) Describe FIVE challenges you can encounter when referring an adolescent. (10Marks)

14. Presenting problems for adolescent may be attributed to a variety of factors, the most important of which may be the young person's personality and ability to cope other factors include the influence of early childhood experiences, external or environmental stressors and current social conditions. As a counselor;

- a) Discuss FOUR steps you need to put in place to address the above issues. (8Marks)
- b) Explain SIX impacts of adolescent counseling. (12Marks)