



## 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 Addiction 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. An addiction counsellor in a rehabilitation unit plays a crucial role in helping individuals overcome substance abuse and achieve long-term recovery. State FOUR types of behavioural therapy in drug addiction. (4Marks)
2. Symptoms of addiction vary from person to person and based on the substance or activity. Outline FOUR symptoms demonstrated by marijuana addicts. (4Marks)
3. Drugs can be administered differently depending on the type of drug. Identify FOUR ways of drug administration. (4 Marks)
4. Highlight FOUR information that an addiction counsellor should collect during assessment of clients with substance use problems. (4 Marks)
5. When using assessment tools, it is essential to ensure that they are valid, reliable, and culturally appropriate for the population being assessed. Identify FOUR assessment tools used in addiction counselling to measure the severity of substance use problem. (4 Marks)
6. Behavioural addiction refers to a pattern of repeated behaviours that become habit-forming and may negatively impact various aspects of an individual's life. State FOUR examples of behavioural addiction that a therapist should know. (4 Marks)
7. Addiction is a process follows a pattern, it is possible to break it down into the stages of an addiction, starting from a person's first use and leading all the way to addiction itself. Identify the first FOUR stages of addiction. (4Marks)
8. Building rapport is essential in any counselling setting, and addiction counselling is no exception. Outline FOUR counselling skills that an addiction counsellor will use to build rapport during therapy session. (4 Marks)
9. Drug addiction counselling aims to address various aspects of an individual's substance use disorder. State FOUR challenges a drugs addict counsellor can encounter. (4Marks)
10. Addiction counselling has unique legal and ethical considerations. Highlight FOUR ethical and legal issues in addiction counselling. (4 Marks)

**SECTION B: (60 MARKS)**

*Answer Any THREE Questions in This Section*

11. Supervision in counselling involves the oversight, guidance, and support provided to counsellors or psychotherapists by more experienced professionals. The specific type of supervision used may vary based on the context, regulatory requirements, and the developmental stage of the counsellor.
- a) a) Explain THREE types of supervision (6 Marks)
  - b) b) Supervision is a critical component of professional development for counsellors, providing a structured and supportive framework for reflection, guidance, and ongoing learning. Explain SEVEN reasons as to why supervision is essential. (14 Marks)
12. Preventing relapse involves developing a comprehensive relapse prevention plan by a counsellor in addiction recovery process.
- a) Explain FIVE reasons why a relapse may occur in addiction recovery journey in some clients (10 Marks)
  - b) Discuss FIVE strategies you can use to support a client that has relapsed. (10 Marks)
13. Addiction in youths, often referred to as substance use disorder (SUD), is a complex condition characterized by the compulsive use of substances despite negative consequences. It can have profound effects on the physical, mental, and social well-being of young individuals. (10Marks)
- a) Explain FIVE impacts of addiction amongst the youth. (10Marks)
  - b) Counsellors working with youths who are addicted or at risk of substance abuse can employ a range of prevention strategies. Discuss FIVE prevention approaches of drug and substance abuse that a counsellor can use in helping youths who are addicted. (10Marks)
14. When approaching the end of a therapeutic relationship with a client, counsellors need to confront their feelings about losses in general to ensure that the
- a) Describe FIVE things that a counsellor should consider before carrying out the termination with a drug addict client. (10 Marks)
  - b) Discuss FIVE elements included in a termination letter that promotes professionalism (10 Marks)