



**AMREF INTERNATIONAL TRAINING CENTRE**

**Qualification Code** : 031306T4PSY  
**Qualification** : Counselling Psychology Level 6  
**Unit Code** : PSY/OS/CO/CR/11/6/A  
**Unit of Competency** : PROVIDE CHILD 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. Assessment is a key competency to a successful child therapy. State FOUR reason why conducting assessment on a child is necessary before implementing counselling services. (4Marks)
2. Record keeping is a competency that every therapist should exercise. Identify FOUR reasons to effective record keeping in child therapy. (4Marks)
3. Highlight four positive impacts of media to the children who have delayed developmental milestones in learning speech and language difficulties. (4Marks)
4. According to, Jean Piaget, cognitive development means the growth of a child's ability to think and reason. This growth happens differently from ages 6 to 12, and from ages 12 to 18. Children ages 6 to 12 years old develop the ability to think in concrete ways. Explain TWO cognitive abilities of a child aged between 12 and 18 years (4Marks)
5. Evaluation in child therapy can enhance high positive results to any child therapist. Mention FOUR methods a counsellor can use to evaluate a child. (4Marks)
6. Every child therapist is obligated to practise and adhere to ethics and principles in counselling. Highlight FOUR benefits to this adherence. (4Marks)
7. There have been many reported cases of suicide among teenager in the recent past. One commonly used brief screening tool is the Columbia Suicide Screen. Identify FOUR areas which does this tool evaluate? (4Marks)
8. Psychoeducation plays a key role in child therapy. Identify FOUR key areas that you can psycho educate a 8 years girl seeking therapy. (4 Marks)
9. Distinguish between play therapy and art therapy in child therapy. (4Marks)
10. Continuum of care is very important in child therapy. Identify FOUR benefits of continuum of care in child therapy. (4Marks)

**SECTION B: (60 MARKS)**

***Answer THREE questions in this section by writing down your responses in the answer booklet provided.***

11. Working with children as counsellor has exposed you to a lot of learning. You have attended many workshops on child counselling. As such you have found it necessary to train as a trainer of trainers so that you can reach out to those interested in child counselling. You have actually developed both personally and professionally. In one of the workshops, you confidently shared that you are less anxious standing and addressing groups, something you could not have done before these workshops and short courses.
- a). As a child counsellor, you have learnt that, in order to make children feel more comfortable during counselling, it's crucial to focus on décor. State **THREE** ways you can use décor in preparing the room for child counselling. (6 Marks)
  - b) Describe **TWO** basic principles of children in child therapy (4 Marks)
  - c). Explain **FIVE** life skills training you can advocate in child therapy. (10 Marks)
12. Erikson maintained that personality develops in a predetermined order through eight stages of psychosocial development, from infancy to adulthood. During each stage, the person experiences a psychosocial crisis which could have a positive or negative outcome for personality development
- a) Discuss the first **FIVE** stages of psychosocial development (10 marks)
  - b) Explain **FIVE** importance of psychosocial theory in provision of child therapy. (10Marks)
13. Cate is a seven years old girl who stays with her mother. She is in grade one at Sunshine school. She has been quite lately, moody at times and she rarely plays with her friends at home and also in school. Her mother has just informed you that she has been sleeping a lot too, lost appetite and she has changed. She was an active baby before.
- a). Describe **FIVE** techniques you can apply to help Cate and justify your answers. (10Marks)
  - b) Explain **FIVE** conjoint therapy technique in relation to this context. (10Marks)

14. During your counselling sessions, you are asked by your trainer to use the three stages of the counselling process by Gerard Egan.

a). Briefly explains THREE stages Egan's model contain. (6 Marks)

b) List SIX counselling skills used in child therapy (6 marks)

c) Carl Rogers hypothesised that if the client experienced 'core conditions' from the counsellor a therapeutic relationship would develop and the process of therapeutic change would start. Explain these core conditions. (6 Marks)

d) There are a number of situations when a client may benefit from gentle challenging. There are multiple skills from which a counsellor can choose when challenging a client. Identify TWO challenging skills.

