



AMREF INTERNATIONAL TRAINING CENTER

Qualification Code : 031306T4PSY
Qualification : Counselling Psychology Level 6
Unit Code : PSY/OS/CO/CR/02/6/A
Unit of Competency : Provide 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. Making appropriate referrals is part of professional conduct for counsellors in practice. State any FOUR reasons for client referral (4 Marks)
2. In the counselling profession, a logbook is a tool used to record counselling activities. Outline FOUR important details that can be included in the logbook. (4 Marks)
3. Highlight FOUR reasons that would prompt a young adult in college to seek counselling services (4 Marks)
4. State FOUR reasons why creating, maintaining and disseminating client records and documentation is key in the practice of counselling (4 marks)
5. Serenity Counselling Center focuses on counselling young people. Name FOUR counselling tools you would expect to find in the counselling room. (4 marks)
6. 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)
7. Evaluation refers to the measures used to assess the effectiveness of the counselling process. State FOUR reasons for conducting evaluation in counseling (4 Marks)
8. Counselling theories are important during the therapeutic relationship. State FOUR theories used in providing counselling to a client (4 Marks)
9. County X deployed counsellors to provide debriefing to clients. Mention FOUR instances where debriefing can be provided (4 Marks)
10. There are types of clients that may not be required to sign a consent form. Mention FOUR types of clients who may not be able to sign a consent form (4 Marks)

SECTION B: (60 MARKS)

Answer Any Three Questions In This Section

11. The University counsellor has observed a rise in drug and substance abuse among the students. As a response, he has chosen to organize a group counselling session.
- a) Describe FIVE disadvantages of group counselling (10 Mark)
 - b) Explain FIVE counselling skills for effective counselling session (10 marks)
12. There are various problems that counsellors face while counselling clients.
- a) Discuss FIVE common problems that counsellors face in their work (10 Marks)
 - b) Explain FIVE reasons for therapy termination in a counseling session (10 Marks)
13. 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 qualities/ characteristics of an effective counsellor (10 Marks)
14. Supervision in counseling is a formal process where a counselor regularly meets with a more experienced practitioner to discuss their work.
- a) Describe FIVE duties of a supervisor (10 Marks)
 - b) Explain FIVE unethical issues in counseling (10 Marks)