



AMREF INTERNATIONAL TRAINING CENTER

COUNSELLING PSYCHOLOGY LEVEL 6

PSY/OS/CO/CR/10/6

PROVIDE ADOLESCENT COUNSELLING

WRITTEN ASSESSMENT

TIME: 2 HOURS

INSTRUCTIONS TO CANDIDATES

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

Candidate 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 questions in this section.

1. Assessment is an important component of child and adolescent counselling as it helps counsellors understand developmental, emotional, behavioural, and psychological concerns. Identify FOUR adolescent assessment tools. (4 marks)
2. Children often communicate distress through changes in their emotions, behaviour, and social interactions. Early identification of these signs can facilitate timely intervention. Highlight FOUR signs that a child may need professional counselling. (4 marks)
3. The selection of appropriate assessment tools is critical in ensuring accurate and ethical evaluation of adolescents. State FOUR factors to consider when choosing assessment tools for adolescents. (4 marks)
4. Jean Piaget proposed that children progress through distinct stages of cognitive development as they grow and interact with their environment. Identify FOUR stages in child development according to Piaget. (4 marks)
5. Counsellors working with children and adolescents must uphold professional standards that safeguard the welfare and rights of minors. Mention FOUR ethical considerations when working with minors. (4 marks)
6. Adolescents may face unique challenges that can hinder the effectiveness of the counselling process and therapeutic relationship. State FOUR potential barriers to effective counselling when dealing with adolescents. (4 Marks)
7. Confidentiality is a fundamental principle in counselling; however, there are circumstances where the counsellor may be required to disclose information obtained from an adolescent client. Outline FOUR situations where confidentiality might need to be breached in adolescent counselling. (4 Marks)
8. Attachment theory explains how early relationships with caregivers influence an individual's emotional and social development. State FOUR attachment styles proposed in the attachment theory. (4 Marks)
9. Termination of counselling should occur when specific precedents are met. Mention FOUR indicators that may show an adolescent is ready for counselling termination. (4 Marks)

10. Adolescence is a developmental period characterized by significant emotional, behavioural, and social changes that may affect an individual's well-being. Identify FOUR common emotional and behavioural problems experienced by adolescents. (4 marks)

SECTION B: (60 MARKS)

Answer THREE questions

11. You are a school counsellor working in a high school. You aim to equip students with essential life skills while ensuring they actively participate during counselling sessions to enhance learning and personal growth.
- a) Discuss FIVE core life skills you would teach students. (10 marks)
 - b) Explain FIVE techniques to encourage an adolescent to participate in counselling sessions. (10 marks)
12. Sigmund Freud developed the psychoanalytic theory of personality, which emphasizes the influence of unconscious processes, childhood experiences, and internal conflicts on human behaviour and development.
- a) Describe the FIVE psychosexual stages of personality development according to Sigmund Freud. (10 Marks)
 - b) Discuss FIVE defense mechanisms proposed by Sigmund Freud. (10 Marks)
13. Substance use among adolescents is a growing concern and is influenced by multiple psychological, social, and environmental factors.
- a) Explore FIVE factors that contribute to substance use among adolescents. (10 marks)
 - b) Explain FIVE counselling interventions that can be used to support adolescents recovering from substance use. (10 marks)
14. You are a school counsellor working with adolescents who are experiencing emotional and behavioural challenges affecting their academic and social functioning.
- a) Describe FIVE counselling techniques you would use to support adolescents in managing emotional and behavioural difficulties. (10 marks)
 - b) Explain FIVE factors that may influence the effectiveness of counselling among adolescents. (10 marks)