



AMREF INTERNATIONAL TRAINING CENTER

Qualification Code : 031306T4PSY
Qualification : COUNSELLING PSYCHOLOGY LEVEL 6
Unit Code : HW/CU/CP/CR/01/5/MA
Unit of Competency : BASIC COUNSELLING SERVICES

**WRITTEN ASSESSMENT
CANDIDATE TOOL
TIME: 2 HOURS**

INSTRUCTIONS TO CANDIDATES

1. This paper consists of two sections: **A** and **B**.
2. You are provided with a separate answer booklet.
3. Marks for each question are as indicated.
4. 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 pages are printed as indicated and that no questions are missing.

SECTION A: (40 Marks)

Answer all the questions in this section. Marks are indicated in brackets

1. Define the following terms
 - a) Therapeutic relationship. (2 Marks)
 - b) Non-maleficence. (2 Marks)
2. In Student Support Unit B, the counsellor observes that some clients actively engage in sessions while others show reluctance despite presenting with similar concerns. Identify TWO factors that may influence a client's readiness for counselling. (2 Marks)
3. Counsellor C is assisting Client D who avoids enclosed environments following a distressing experience that has affected daily functioning. Outline TWO interventions that may be appropriate in this case. (2 Marks)
4. A client attending a Wellness Centre E presents with emotional distress and reduced interaction with family members. State THREE types of information that may be gathered during the counselling assessment. (3 Marks)
5. As part of your professional responsibilities at Guidance Unit F, you are entrusted with sensitive client information during counselling sessions. Mention THREE ethical principles that should guide you. (3 Marks)
6. As part of your professional responsibilities at Guidance Unit F, you are entrusted with sensitive client information during counselling. Mention THREE ethical principles that should guide your practice. (3 Marks)
7. In Family Support Centre G, a counsellor facilitates a session by encouraging the client to express thoughts freely and ensuring accurate understanding of key issues. Identify THREE counselling skills demonstrated by the counsellor. (3 Marks)
8. Client H has attended several counselling sessions but continues to appear hesitant and provides limited personal information, which slows progress in the helping process. State FOUR ways a counsellor may strengthen the counselling relationship and outcomes. (4 Marks)
9. Counsellor J is working with an adolescent who reports difficulty coping with increasing academic pressure and unmet family expectations, which is affecting emotional wellbeing. Identify FOUR coping strategies that may be explored during the counselling. (4 Marks)
10. In Youth Wellness Centre K, counsellors are required to respond to clients with different needs using appropriate psychological methods depending on presenting concerns. Identify FOUR counselling approaches commonly used in practice. (4 Marks)

11. Learners at Training Institute L are reviewing how counselling develops from the first contact with a client through ongoing sessions until the end of the helping process. Identify FOUR stages followed in the counselling process. (4 Marks)
12. Several years into professional practice, Counsellor Y at Family Wellness Centre M reflects on maintaining competence and improving service delivery. Mention FOUR ways of enhancing professional development that Counsellor M can use. (4 Marks)

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SECTION B: 60 MARKS

Answer Any Three Questions

13. You are working as a counsellor at Community Support Centre A. A client seeking assistance presents difficulties in managing pressures arising from personal life, family responsibilities, and workplace demands. Over time, the client expresses a need for structured support to improve coping and regain stability. As counselling session progress, variations in engagement and progress are observed across different meetings.
- a) Discuss FIVE goals of counselling that may guide your work with this client in this situation. (10 Marks)
 - b) Explain FIVE challenges that may arise in counselling practice when supporting such a client. (10 Marks)
14. Counsellors working at Training Institution B are handling diverse client cases that require different ways of understanding and responding to presenting concerns. In case consultation meetings, it is noted that counsellors apply different methods depending on client needs, case complexity, and session dynamics.
- a) Explain FIVE counselling approaches that may be applied in professional counselling practice. (10 Marks)
 - b) Discuss FIVE factors that may influence the choice of a counselling approach when working with different clients. (10 Marks)
15. You are a counsellor at School Guidance Office C where a learner has been referred for counselling. The learner presents with difficulty expressing personal concerns clearly, and communication between you and the learner is sometimes inconsistent. At times, misunderstandings occur, and some important information is not fully conveyed during sessions.
- a) Discuss FIVE core counselling skills that you would apply to facilitate effective communication in this case. (10 Marks)
 - b) Explain FIVE common barriers to effective communication that may interfere with the counselling process in such situations. (10 Marks)
16. You are working as a counsellor in Community Outreach Program D where a client discloses sensitive personal experiences that require careful professional handling. The situation requires you to make sound decisions that ensure professionalism, protect client welfare, and comply with expected standards of practice.
- a) Discuss FIVE ethical principles that should guide your counselling practice in this situation. (10 Marks)
 - b) Explain FIVE legal considerations that must be observed when handling counselling cases in such contexts. (10 Marks)