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031306T4PSY

COUNSELLING PSYCHOLOGY LEVEL 6

PSY/OS/CO/CR/06/6

Provide Medical Conditions Counselling

November/December 2025

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TVET CURRICULUM DEVELOPMENT, ASSESSMENT AND CERTIFICATION COUNCIL (TVET CDACC)

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WRITTEN ASSESSMENT

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Time: 3 HOURS

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INSTRUCTIONS TO THE CANDIDATE

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1. This paper consists of **TWO** sections: **A** and **B**.
2. Answer **ALL** questions in section **A** and **ANY THREE (3)** questions in section **B**.
3. Marks for each question are indicated in the brackets.
4. Candidates are provided with a separate answer booklet
5. Do not write on the question paper.

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***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)

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Attempt ALL questions in this section

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1. Define the following terms as used in medical conditions counselling:
 - a) Adherence (2 Marks)
 - b) Psychosocial support (2 Marks)
2. Grace, a 35-year-old woman recently diagnosed with Type 2 Diabetes, reports anxiety and difficulty following her treatment routine. State FOUR reasons a counsellor may consider referring Grace to other professionals. (4 Marks)
3. When counselling clients with long-term medical conditions, the setting should promote comfort and privacy. Identify FOUR factors to consider when preparing a suitable counselling venue. (4 Marks)
4. In hospital counselling practice, accurate documentation is essential. Give FOUR reasons for keeping proper counselling records. (4 Marks)
5. Mary, a counsellor at a community clinic, plans to begin group sessions for clients living with chronic illnesses. Mention FOUR advantages of group counselling in such settings. (4 Marks)
6. Ethical standards guide professional behaviour in counselling. List FOUR ethical principles that should direct counsellors working with clients who have medical conditions. (4 Marks)
7. Networking enables counsellors to share ideas and improve service delivery. Outline FOUR benefits of professional networking for medical conditions counsellors. (4 Marks)
8. Before starting a counselling session, the counsellor and client agree on structure and boundaries. State FOUR aspects to include when setting up a counselling contract. (4 Marks)
9. Lilian, a client newly diagnosed with diabetes, struggles with emotional adjustment and daily routines. Suggest FOUR ways a counsellor can support her to cope with these changes. (4 Marks)
10. Family participation often improves the outcomes of counselling for clients with chronic illnesses. Give FOUR reasons why involving family members is important in medical conditions counselling. (4 Marks)

SECTION B (60 MARKS)***Attempt any THREE questions in this section***

11. A support group has been formed for clients living with HIV/AIDS who face challenges related to stigma, disclosure, and treatment adherence. As the facilitator, you are expected to guide them through counselling sessions.

a) Evaluate FIVE strategies that can be applied to effectively facilitate group counselling among these clients. (10 Marks)

b) Discuss FIVE benefits of group counselling for clients living with chronic medical conditions. (10 Marks)

12. James, aged 50, has been diagnosed with chronic kidney disease and exhibits severe anxiety. His counsellor considers referring him to a clinical psychologist and peer support group for further care.

a) Explain FIVE reasons why referrals are essential in medical conditions counselling for clients like James. (10 Marks)

b) Analyse FIVE steps that a counsellor should follow to ensure a safe and effective referral process. (10 Marks)

13. Sarah, a 40-year-old woman with Type 2 Diabetes, struggles with self-doubt and negative thinking such as “I will never get better.” The counsellor decides to use Cognitive-Behavioural Therapy (CBT) to help her manage her condition.

a) Examine FIVE ways CBT can be applied to support Sarah in adjusting to her medical condition. (10 Marks)

b) Discuss FIVE benefits of using CBT when counselling clients coping with chronic illnesses. (10 Marks)

14. John, aged 50, has been diagnosed with hypertension and reports stress about lifestyle changes, medication, and complications. With limited social support, he often skips follow-ups. The counsellor develops a treatment plan to improve his coping and adherence.

a) Assess FIVE strategies that can help John manage the emotional and behavioural challenges of hypertension. (10 Marks)

b) Describe FIVE benefits of developing a collaborative treatment plan in managing clients with chronic illnesses such as hypertension. (10 Marks)