



AMREF INTERNATIONAL TRAINING CENTER

Qualification Code : 031305T4PSY
Qualification : Counselling Psychology Level 5
Unit Code : PSY/CU/ CO/CR/01/5/A
Unit of Competency : Assess the Client

CANDIDATE 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 questions

1. A client and a counsellor are key persons for a counselling session to take place. Differentiate between the counsellor and the client. (4 Marks)
2. Individuals experience various issues from time to time. Highlight FOUR issues that may take clients for counselling (4 Marks)
3. There are various reasons that may require clients to be referred to other professionals. State FOUR reasons as to why a client should be referred in counselling (4 Marks)
4. Before conducting a counselling session with a client, it is important for a counsellor to prepare a counselling room/venue. List FOUR items that are found in a counselling venue (4 Marks)
5. There are types of clients that may not be required to sign a consent form. Mention FOUR such clients who may not be able to sign a consent form (4 Marks)
6. Counselling contract contains a list of terms that are important for creating a safe trusting, confidential and professional assessment process. Highlight FOUR requirements of a contract. (4 Marks)
7. Assessment is important before conducting a counselling session. State FOUR benefits of client assessment (4 Marks)
8. Stress has symptoms that are often mistaken for other physical illnesses. Mention FOUR physical symptoms of stress (4 Marks)
9. There are various ethics that are important when dealing with clients. Outline FOUR ethical issues that counsellors will consider as they carry out an assessment (4 Marks)
10. The assessment process in counselling therapy is essential for diagnosing mental disorders. Identify FOUR mental disorders that a counsellor can assess in a client (4 Marks)

SECTION B: (60 MARKS)

ANSWER THREE QUESTIONS

11. Paula has been employed in a counselling center near her home. She conducts individual and group counselling sessions at the counselling center on a daily basis. She goes for supervision once a month and finds it very helpful in her profession.
- a) Explain FIVE purposes of supervision to a counsellor (10 Marks)
 - b) Termination is a process of ending a counselling session with a client. Explain FIVE reasons for terminating a counselling session. (10 Marks)
12. Counsellors are expected to carry out counselling sessions effectively for the benefit of clients during the counselling sessions. It is also the counselor's ability to be enthusiastic, confident, and present a belief in the client's ability to change.
- a) Discuss FIVE qualities of an effective counselor (10 Marks)
 - b) Explain FIVE benefits of counselling to a client (10 Marks)
13. According to the counselling profession documentation is an important element that every counsellor should adhere to.
- a) Explain FIVE documents that a counsellor may keep especially in the assessment process (10 Marks)
 - a) Describe FIVE benefits of record keeping in the practice of counselling (10 Marks)
14. There are various counselling skills that should be applied by the counsellor for effective running of the sessions. These counselling skills are used to strengthen client/ counsellor relationship during the session.
- a) Explain FIVE counselling skills the counsellor will use while conducting a counselling session (10 Marks)
 - b) Describe FIVE requirements the counsellor would consider as they prepare an assessment venue (10 Marks)