



**SECTION A (40 MARKS)**

***Attempt ALL the questions in this section***

1. Emphasising client rights early in the counselling process empowers the client and fosters good rapport. Suggest FOUR rights of a client during medical conditions counselling.

(4 Marks)

2. During counselling, maintaining soft eye contact is recommended. Outline THREE benefits of being a keen observer in counselling sessions.

(3 Marks)

3. Understanding symptoms enables counsellors to diagnose a client's underlying issues more accurately. Identify FOUR traumatic reactions that may manifest in a client.

(4 Marks)

4. Clients diagnosed with medical conditions often experience multiple losses. State FIVE stages of grief and loss as outlined by Kübler-Ross (1969).

(5 Marks)

5. A therapeutic environment is essential for facilitating change during counselling. Identify THREE core conditions proposed by Carl Rogers (1956) that are necessary for therapeutic change.

(3 Marks)

6. Understanding counselling as a process is key to evaluating client progress. Provide THREE stages of counselling as outlined in Egan's model.

(3 Marks)

7. Journaling is a commonly used technique in cognitive behavioural therapy. Outline FOUR key benefits of this technique to the client.

(4 Marks)

8. A counsellor's posture is a vital component of therapeutic communication. Suggest THREE benefits of maintaining an open posture during medical conditions counselling.

(3 Marks)

9. Maslow's (1970) hierarchy of needs is widely applied in holistic client assessment. Identify FOUR levels of human needs according to the hierarchy.

(4 Marks)

10. Counsellors enter the session as whole beings. State THREE benefits of increased self-awareness for a medical conditions counsellor.

(3 Marks)

11. Regular supervision is a professional requirement for medical conditions counsellors. Outline FOUR benefits of undergoing supervision.

(4 Marks)

**SECTION B (60 MARKS)**

***Attempt any THREE questions in this section***

12. Asiago, a medical conditions counsellor at Thika Level 5 Hospital, has been assigned to support sex workers in the community before they undergo HIV/AIDS testing.

a) Describe FIVE steps in the pre-test counselling process for HIV/AIDS voluntary testing that Asiago will undertake with his clients. (10 Marks)

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b) Discuss FIVE emotional challenges Asiago is likely to address while counselling clients living with HIV/AIDS. (10 Marks)

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13. Loreen, a 35-year-old accountant, is a client at Nyasuni Counselling Centre and has been diagnosed with stage four cancer. She has been advised to receive palliative care at home due to rising medical expenses.

a) Discuss FIVE considerations when preparing her room for home-based palliative care. (10 Marks)

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b) In Loreen's continuum of care, counsellors must ensure consistent progress. Explore FIVE goals of adherence counselling in her case. (10 Marks)

14. Mutuse, a 14-year-old student at Magomano Secondary School, was expelled in March 2025 due to gross misconduct. Following severe punishment from his teachers, he fainted and was admitted to Mwingi Level 4 Hospital. Medical practitioners later discovered he had a history of coronary heart disease, making him unfit for strenuous activity. During counselling, it became apparent that he had unresolved childhood issues.

a) Review FIVE psychosocial stages of development proposed by Erik Erikson that apply to Mutuse's case. (10 Marks)

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b) Explain FIVE steps involved in terminating counselling for clients with medical conditions, with reference to Mutuse's case. (10 Marks)

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15. Mahalim, a 45-year-old restaurant owner in Huruma town, has struggled to manage his diabetes, resulting in poor glycaemic control. He feels overwhelmed by lifestyle changes and has neglected both his diet and medication regimen. He was referred for integrated behavioural health counselling, where he is now working with a counsellor and a diabetes educator.

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a) Discuss FIVE signs and symptoms Mahalim may be exhibiting due to poor diabetes management. (10 Marks)

b) Examine FIVE potential complications that may arise from uncontrolled diabetes. (10 Marks)

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