

092304T4SWC

SOCIAL WORK AND COMMUNITY DEVELOPMENT LEVEL 6

COD/OS/SW/CC/03/6/A

Perform Psycho Social Support

July/August 2025



**AMREF INTERNATIONAL TRAINING CENTER**

**WRITTEN ASSESSMENT**

**Time: 3 HOURS**

**INSTRUCTIONS TO CANDIDATE**

1. You have **THREE** hours to answer all the questions.
2. Marks for each question are indicated in the brackets.
3. The paper consists of **TWO** sections: A and B.
4. Do not write on the question paper.
5. A separate answer booklet will be provided.

*This paper consists of FOUR (4) 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 in this section*

1. Differentiate between client-initiated and counsellor-initiated termination. (2 Marks)
2. With reference to best practices in psychosocial support, state FOUR key principles that guide effective service delivery. (4 Marks)
3. Identify FOUR vulnerable or high-risk groups within a community that typically require psychosocial support interventions. (4 Marks)
4. Outline FOUR advantages of using referral systems when providing psychosocial support services. (4 Marks)
5. Mention FOUR areas in counselling where behavioural theories can be applied to support client change. (4 Marks)
6. Highlight TWO key ethical considerations that practitioners must observe during psychosocial support provision. (2 Marks)
7. A 32-year-old woman reports severe emotional distress and is hesitant to seek help after years of domestic abuse. Outline four ways you will employ to build trust and assess her psychosocial condition. (4 Marks)
8. Give FOUR best practices in counselling for protecting client confidentiality in electronic record systems. (4 Marks)
9. Lilian, a 21-year-old student, visits your center two days after being raped. She appears anxious and withdrawn, and has not sought any help. Outline FOUR questions you would ask during the intake to assess her immediate psychosocial needs. (4 Marks)
10. Faith, a 17-year-old student, reports feeling confused about who she is, her future, and often shifts her interests and friend groups.
  - a) Identify ONE suitable theory applicable to Faith's case. (2 Marks)
  - b) Mention the stage of development that Faith is likely to be in. (2 Marks)
11. Sizwe has had a difficult time expressing her issues to a counselor. Suggest FOUR strategies a counselor should use to explore information from the client. (4 Marks)

**SECTION B: (60 MARKS)**

***Answer QUESTION 12 and any other TWO questions in this section.***

12. Thando Chema is a 28-year-old teacher from Salama, Soweto County who was sexually abused by her father when she was a teenager. Originally, the abuse started when her mother was hospitalized for three months, and Chema, as the eldest daughter, had to take over many of her mother's responsibilities. She describes herself as having experiences of nightmares, relationship problems and events that reinforced her low self-esteem. She describes the impact of the exposure to trauma which has led her to indulge in drug addiction. Using the case study above,
- a) Explain TWO theories that can be used to explain Chema's behavior. (4 Marks)
  - b) Outline THREE tools you can use to assess the client. (3 Marks)
  - c) State five components of a psychosocial assessment tool. (5 Marks)
  - d) Prepare a profile of the client from the case study above. (5 Marks)
  - e) Highlight THREE therapy techniques you can adopt as a counsellor to assist the client. (3 Marks)
13. Following heavy floods, families in a low-income area have been displaced. The families have been sheltered in a social hall, awaiting psychosocial support from an organization you are working in.
- a) Identify THREE immediate psychosocial support needs of the displaced families. (3 Marks)
  - b) Outline THREE psychosocial symptoms that may be observed among the families. (3 Marks)
  - c) Explain FOUR key components of a psychosocial assessment. (8Marks)
  - d) Describe THREE challenges a psychosocial support provider may face when dealing with traumatised clients,
14. Amina, a 25-year-old woman, seeks counselling after surviving a house fire that destroyed her home. She appears withdrawn and says she feels like a burden to her relatives, with no clear plan for the future.
- a) Describe FIVE steps you will follow to provide individual psychosocial support to the client. (10 Marks)

- b) Analyze FIVE essential skills you will apply when offering psychosocial support to the client. (10 Marks)

15. David, a 33-year-old recovering alcoholic, has been attending sessions at Tumaini Wellness Centre. Although he was initially consistent, he began missing appointments. The counselor, who has been maintaining proper records, is now considering terminating the counseling contract due to non-compliance.

- a) Explain FOUR types of records that the counselor is required to maintain during the counseling process. (8 Marks)
- b) Discuss THREE possible circumstances that may lead to the termination of a client's counselling contract, as illustrated in the case. (6 Marks)
- c) Describe THREE key elements that should be included in a standard counseling session note for David. (6 Marks)