

031306T4PSY

COUNSELLING PSYCHOLOGY LEVEL 6

PSY/OS/CO/CR/08/6

Provide Addiction Counselling

March/April 2025



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

WRITTEN ASSESSMENT

TIME: 3 HOURS

INSTRUCTIONS TO CANDIDATE

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.

This paper consists of FIVE (5) 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)

Attempt ALL questions in this section

1. Risk factors are characteristics that increase the likelihood of a negative outcome, such as developing a disease or disorder. Provide FOUR biological risk factors of addiction. (4 Marks)
2. Psychoactive drugs have both short-term and long-term effects on the Central Nervous System. Identify FOUR categories of psychoactive drugs based on their effects. (4 Marks)
3. Understanding the factors that lead to drug use is crucial for effective prevention and intervention strategies. State FOUR key factors that contribute to an individual's likelihood of engaging in substance use. (4 Marks)
4. Supervision plays a critical role in counselling by enhancing the effectiveness and professional growth of the counsellor. Explain FOUR key roles of supervision in addition to counselling. (4 Marks)
5. The following descriptions refer to specific screening tools used in addiction assessment. Fill in the blanks with the most appropriate screening tool.
 - a) is a comprehensive screening tool developed by the World Health Organization (WHO) to identify individuals who may be engaging in hazardous or harmful alcohol consumption. (2 Marks)
 - b) is a quantitative index of the degree of consequences related to drug abuse. The instrument takes approximately five minutes to administer and may be given in either a self-report or interview format. (2 Marks)
6. The route of drug administration affects the onset and intensity of its effects. Indicate FOUR common routes of drug administration used by drug users. (4 Marks)
7. Motivational Interviewing (MI) is a counselling approach that enhances a client's motivation to change. Provide the full meaning of the acronym OARS, which represents core communication skills used in MI. (4 Marks)
8. Counsellor Mshauri has decided to refer her client to a psychiatrist after two sessions. Outline FOUR reasons that would necessitate this referral. (4 Marks)

9. Group counselling is a vital component of addiction treatment, offering numerous benefits that significantly enhance the recovery process. Identify FOUR benefits of group counselling in addiction treatment. (4 Marks)
10. The role of an addiction counsellor is multifaceted, requiring specific skills to address the complexities of substance use disorders effectively. Explain FOUR key counselling skills that an addiction counsellor may use to achieve their desired outcomes with a client. (4 Marks)

SECTION B: (60 MARKS)

Attempt any THREE questions in this section.

11. As a newly appointed addiction counsellor at Tabibu Treatment Centre, your supervisor has emphasized that creating an effective treatment plan in addiction counselling involves several critical components tailored to the individual needs of each client. Your client, Kalewa, has expressed concerns about the impact of his alcohol abuse on his health and family. He began drinking in Form Three and, at 45 years old, finds himself struggling with dependency despite being aware of its dangers. He often feels like a disappointment to his family and questions his existence.
- a) As Kalewa's counsellor, explain FOUR components you need to include in his treatment plan. (8 Marks)
- b) According to DSM-5, a substance use disorder (SUD) is characterised by patterns of symptoms caused by continued substance use despite its negative effects. Using the DSM-5 criteria, illustrate SIX observable patterns of symptoms that qualify as SUD. (12 Marks)
12. Jakong'o, a county legal officer, has been consuming whiskey regularly since his recent appointment. His drinking habits have raised concerns among his wife and colleagues. He has been involved in multiple accidents due to drunken driving and has also been absent from work or reported late while intoxicated. A recent incident where he accidentally injured his three-year-old son while reversing out of his garage under the influence prompted him to swear off alcohol. However, he is struggling with withdrawal symptoms and fears a relapse.
- a) As an addiction therapist, illustrate FIVE common mild withdrawal symptoms associated with alcohol cessation within 6 to 24 hours after the last drink. (10 Marks)
- b) If Jakong'o progresses from mild to moderate withdrawal, examine THREE additional symptoms he is likely to experience. (6 Marks)
- c) Affirmation is a key technique in Motivational Interviewing that reinforces a client's strengths and efforts. Explain TWO benefits of using affirmation in Jakong'o's counselling process. (4 Marks)
13. Counsellor Tausi has been working with a 16-year-old client, Rembo, who was brought in by her parents due to struggles with both alcohol addiction and anxiety. After three sessions, Tausi has decided to terminate the therapeutic relationship and recommend continued care.

The termination of an addiction counselling relationship must be handled ethically and with the client's well-being in mind.

- a) During an intern training session at your institution, discuss FOUR reasons that could have necessitated the termination of the therapeutic relationship between Tausi and Rembo. (8 Marks)
- b) The continuum of care in addiction counselling is essential due to the complex nature of addiction and the need for ongoing support. Provide SIX justifications for implementing a continuum of care in Rembo's case as recommended by Counsellor Tausi. (12 Marks)

14. Prof. Keitany has been practising counselling for over two decades, specialising in chemical dependency and addiction counselling. Most of his clients have co-occurring disorders, and several have died by suicide. The recent suicide of a client in recovery has left him emotionally drained. When he sought therapy, he reported feeling unwell but was unable to pinpoint the exact problem. Upon assessment, it was determined that he was experiencing burnout, and self-care was recommended.

- a) Burnout is a state of mental, physical, and emotional exhaustion resulting from prolonged stress. Analyse FIVE emotional symptoms that Prof. Keitany may have exhibited, leading to his diagnosis of burnout. (10 Marks)
- b) Self-care encompasses various practices that individuals engage in to maintain and enhance their overall well-being. Explore FIVE self-care practices that Prof. Keitany should adopt to manage his burnout. (10 Marks)