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031306T4PSY

COUNSELLING PSYCHOLOGY LEVEL 6

PSY/OS/CO/CR/11/06

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Provide Special Needs and Disability Counselling

July/August 2025

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TVET CURRICULUM DEVELOPMENT ASSESSMENT AND CERTIFICATION COUNCIL (TVET CDACC)

WRITTEN ASSESSMENT

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Date: 30.07.2025 08:05 AM

Time: 3 HOURS

INSTRUCTIONS TO 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)***Attempt ALL the questions in this section.***

1. During the initial stages of counselling, clients may express deep emotions or misdirect their expectations onto the therapist. Define the following terms as used in special needs and disability counselling:
- Rapport (2 marks)
 - Catharsis (2 marks)
 - Transference (2 marks)
2. While working with clients with disabilities, a counsellor may need to understand developmental history and its influence on current behaviour. List FOUR psychosexual stages of development as proposed by Sigmund Freud. (4 marks)
3. Clients with special needs are particularly sensitive to how counsellors convey understanding. Suggest TWO counselling skills that communicate empathic understanding to a client. (2 marks)
4. Establishing an effective therapeutic relationship in disability counselling requires awareness of specific dynamics. Identify THREE relationship-building variables that a counsellor must manage during the process. (3 marks)
5. Treatment planning is vital for organising structured and client-focused interventions. State FOUR reasons why treatment planning is important in special needs and disability counselling. (4 marks)
6. Building rapport with clients who may feel stigmatised or marginalised requires deliberate efforts. Describe THREE ways in which a counsellor can express respect to a client during the counselling process. (3 marks)
7. Support for individuals with physical or cognitive impairments often involves the use of tools to improve independence. Provide THREE examples of assistive devices used to support persons with special needs and disabilities. (3 marks)
8. In designing a counselling environment that is accessible to everyone, certain physical and procedural changes are necessary. Mention THREE adjustments you would make to accommodate persons with special needs and disabilities. (3 marks)
9. Accurate client assessment is key to planning effective interventions. Suggest THREE methods for conducting assessments with clients who have special needs or disabilities. (3 marks)

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10. When referring clients to external support, counsellors must provide enough information to ensure smooth transitions. Identify FOUR types of information a client with dyslexia should receive before being referred to a support group. (4 marks)

11. Regular supervision helps counsellors reflect, improve practice, and manage professional challenges. Outline THREE key roles of a supervisor in special needs and disability counselling. (3 marks)

12. Effective questioning can enhance client engagement and guide therapeutic progress. Identify TWO main types of questions used in the counselling process. (2 marks)

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SECTION B (60 MARKS)

Attempt Any THREE Questions in This Section

13. Herman, who has Down Syndrome, often makes socially inappropriate comments, causing discomfort to some family members, especially during visits. The family is considering options for care and support.

a) Explain FIVE benefits Herman would receive if palliative care were provided at home rather than in an institution. (10 marks)

b) Describe FIVE ways to reduce stigma against individuals with special needs and disabilities in a social setting. (10 marks)

14. Peter, a counsellor at Harmony Counselling Centre, has recently experienced professional burnout. After three sessions with a client, he felt emotionally drained and chose to discontinue the counselling process.

a) Explain FIVE professional or ethical reasons that may justify Peter's decision to terminate therapy before the treatment is complete. (10 marks)

b) With relevant examples, analyse FIVE causes of burnout that counsellors like Peter may experience in their line of work. (10 marks)

15. John is a school counsellor working with learners who have various special needs, including learning disabilities. He is required to tailor interventions based on student assessments.

a) Describe FIVE types of learning disabilities John is likely to encounter. (10 marks)

b) Suggest FIVE intervention strategies that John could apply when supporting students with learning disabilities. (10 marks)

16. Allan is a special needs and disabilities counsellor serving children at Nairobi County. His role requires strong ethical conduct, effective communication, and therapeutic competence.

a) Discuss FIVE components that Allan should include in a counselling contract with clients. (10 marks)

b) Summarise FIVE qualities that Allan should exhibit to be considered an effective special needs counsellor. (10 marks)