

031305T4 PSY

COUNSELLING PSYCHOLOGY LEVEL 5

PSY/OS/CO/CR//02/05 /A

Provide Basic Counselling Services

March/April 2025



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

WRITTEN ASSESSMENT

Printed By: Amref International Training Center

Date: 25.03.2025 08:15 AM

TIME: 3 HOURS

INSTRUCTIONS TO THE 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 FOUR (4) 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. Counselling is a term that has been associated with several other helping activities. State FOUR such helping activities. (4 Marks)
2. When clients seek counselling services, they hope to receive assistance in handling a challenging situation they may be facing. The role of the counsellor is considered very critical; however, giving advice to the client is highly discouraged. Identify FOUR disadvantages of giving advice to a client. (4 Marks)
3. Zariah has been a practising counsellor for the last four years and has handled diverse cases as presented by her clients. Recently, she decided to refer one of her clients to another counsellor in another facility. Outline FOUR reasons that may merit client referral in counselling. (4 Marks)
4. Counselling is a process driven by a number of professional skills. State any FOUR counselling skills applicable at the exploration stage. (4 Marks)
5. The effectiveness of a counselling outcome is guided by the counselling goals collaboratively established by the counsellor and clients during the initial stage. State any FOUR benefits of setting goals in counselling. (4 Marks)
6. Many elements are considered crucial for the effectiveness of a counselling outcome, and the counselling environment is one of them. Identify any FOUR other features of a conducive counselling environment. (4 Marks)
7. Behavioural therapy has been pivotal in aiding the understanding of how healthy and unhealthy human behaviours are learned. List FOUR characteristics of the behavioural approach. (4 Marks)
8. Kilele Centre for Counsellor Development has been offering professional development courses for practising counsellors. Identify FOUR reasons why you would consider undertaking such courses. (4 Marks)
9. Daniel, a counsellor trainee, is required to research and document the Person-Centred Theory as part of his term paper. Outline FOUR key concepts that Daniel is likely to include in his write-up. (4 Marks)
10. Understanding human growth and development has been fundamental in helping counsellors support their clients in therapy. Indicate FOUR benefits of studying human growth and development in counselling. (4 Marks)

SECTION B: (60 MARKS)

Attempt any THREE questions

11. Janet, a 35-year-old female client, was referred to Uwezo Wellness Centre for assessment and treatment following her involvement in a tragic car accident two weeks ago. During the assessment, the counsellor realised that Janet has no recall of events that occurred hours before and after the incident. However, she can easily recall finding herself in the hospital being attended to by a team of doctors and nurses. She is disturbed by the fact that she has lost part of her memory.
- From a psychoanalytical perspective, the loss of memory can be viewed as one of the ego defence mechanisms, where the individual's mind uses strategies to cope with overwhelming situations. Describe, citing relevant examples, FIVE other defence mechanisms under this theory. (10 Marks)
 - Clients seek counselling support for various reasons. Expound on FIVE reasons why an individual may seek counselling services. (10 Marks)
12. As the lead counselling consultant at Ushindi Enterprises, you noted during a recent relational review exercise that Ken, one of the in-house counsellors, was rated as highly biased by his colleagues and rarely attends supervision.
- Examine FIVE common types of biases that are likely to affect Ken's effectiveness. (10 Marks)
 - Discuss FIVE ways in which Ken stands to benefit from regular counsellor supervision services. (10 Marks)
13. Kilimoni High School has organised group counselling sessions for some students identified as having anger management challenges. As part of holistic care, the counsellor in charge has invited you to conduct both individual and group counselling sessions.
- Elaborate on FIVE basic rights of students as participants in group counselling. (10 Marks)
 - Analyse FIVE techniques of Gestalt therapy that the counsellor may use when supporting individual students from this group. (10 Marks)
14. As part of counsellor training, Ruby was expected to undertake mandatory personal therapy sessions. At the initial stages of the training, Ruby did not seem convinced of how she would benefit from this undertaking.

- a) Explain to Ruby FIVE ways in which she will benefit from personal therapy sessions. (10 Marks)
- b) Analyse FIVE components of an effective termination process that Ruby is likely to go through with her counsellor upon completion of her therapy sessions. (10 Marks)