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031306T4PSY

COUNSELLING PSYCHOLOGY LEVEL 6

PSY/OS/CO/CR/08/6

Provide Addiction Counselling

July/August 2025

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

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WRITTEN ASSESSMENT

Time: 3 HOURS

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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 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)

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Attempt ALL the questions in this section.

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1. People recovering from addiction need to adopt healthy lifestyles while unlearning harmful behaviours. Suggest FOUR ways addiction counsellors in Kenya can help clients build a recovery-oriented lifestyle. (4 Marks)
2. Addiction is regarded as a “chronic relapsing brain disease” characterised by habitual use of substances or behaviours. Identify FOUR reasons why addiction is considered a chronic condition. (4 Marks)
3. The social impact of addiction can affect every aspect of a person’s life. List FOUR social indicators commonly associated with addiction. (4 Marks)
4. The Nairobi County Government is concerned about rising addiction cases among youth, linked to suicide and mental health issues. Provide FOUR examples of addictions that counsellors are likely to hear about when taking client history. (4 Marks)
5. Addiction treatment often requires multidisciplinary collaboration due to its complex nature. Suggest FOUR treatment options an addiction counsellor may include in a treatment plan. (4 Marks)
6. Substance use can escalate into addiction through various phases. List FOUR stages that demonstrate the progression from use to addiction. (4 Marks)
7. Family therapy plays a vital role in addiction recovery by addressing family dynamics. Describe FOUR contributions family therapy can make in addiction treatment. (4 Marks)
8. In residential treatment settings, counsellors often manage multiple responsibilities. State FOUR ethical considerations counsellors must uphold to maintain professionalism in addiction counselling. (4 Marks)
9. Marion, a 40-year-old woman, has been sober from alcohol for 18 months but feels overwhelmed maintaining sobriety, especially in social settings. She also struggles with isolation and loneliness. Suggest FOUR strategies to help Marion cope with isolation and maintain sobriety in social environments. (4 Marks)
10. Assessment is a key component of addiction treatment. Identify FOUR components typically included in an addiction assessment. (4 Marks)

SECTION B (60 MARKS)

Attempt any THREE questions from this section

11. The addiction counsellors at Morembe Wellness and Addiction Treatment Centre reviewed data from their residential clients over five years. Findings showed many had cognitive deficits, unresolved family or work issues, and co-occurring disorders.

a) As a counsellor aware of addiction’s impact on the brain, discuss the following consequences of addiction:

- i. Dopamine system disruption (2 Marks)
- ii. Changes in brain circuits (2 Marks)
- iii. Memory and learning impairments (2 Marks)
- iv. Reduced self-control and impulsivity (2 Marks)
- v. Tolerance development (2 Marks)

b) Discuss FIVE ethical challenges addiction counsellors at the centre may face when addressing client stigma. (10 Marks)

12. Kevin, a 29-year-old graphic designer at Webeye, presents with concerns about alcohol and marijuana dependence and compulsive masturbation, which affect his work, motivation, and relationships. He drinks daily, smokes marijuana 4–5 times weekly, and masturbates 3–6 times daily, leaving him feeling ashamed, fatigued, and isolated.

a) Assess FIVE primary relapse prevention strategies suitable for Kevin’s counselling plan. (10 Marks)

b) Explore FIVE dangers of compulsive masturbation that can be discussed with Kevin to enhance his motivation for recovery. (10 Marks)

13. Pema Counselling Centre in Meru Town has struggled with managing clients who present co-occurring mental health and addiction challenges. The centre has decided to hire more experienced addiction counsellors and introduce new treatment standards.

a) Explain FIVE ways the incoming counsellors can manage clients with co-occurring disorders more effectively. (10 Marks)

b) Discuss FIVE theories of addiction that could be applied at the centre to improve treatment outcomes. (10 Marks)

14. James, a 32-year-old man, has battled alcohol addiction for over 10 years. He recently lost his job and is dealing with legal issues related to his drinking. He seeks help only after his wife threatened to leave, though he denies having a problem.

a) Discuss FIVE strategies a counsellor can use to strengthen James’s motivation for staying engaged in a recovery support programme. (10 Marks)

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b) Clients in the pre-contemplation stage often resist change. Describe FIVE characteristics of clients at this stage that justify the need for active counsellor involvement. (10 Marks)

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