

**031305T4PSY**

**COUNSELLING PSYCHOLOGY LEVEL 5**

**PSY/OS/CO/CR/01/5/A**

**Assess The Client**

**March/ April 2025**



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

**WRITTEN ASSESSMENT**

Printed By: Amref International Training Center

Date: 25.03.2025 10:33 AM

**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 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. When assessing a client in counselling, it is recommended to set a contract according to counselling standards. Identify FOUR key elements to include in the client assessment contract. (4 Marks)
2. You have been given an opportunity to assess a client with a psychological disturbance. Define the concept of termination in the context of the client assessment work you will conduct. (4 Marks)
3. Mental health professionals must first assess the client to establish the clear challenges they are experiencing. Outline FOUR roles of a counselling assessor in identifying mental disorders during the assessment process. (4 Marks)
4. Sleep disorders are increasingly common as presenting issues in counselling. Identify and describe ONE sleep disorder under each of the following categories: dyssomnias and parasomnias. (4 Marks)
5. Counsellors conducting client assessments are guided by specific ethical standards. Indicate FOUR principles of ethics a counselling assessment professional should adhere to. (4 Marks)
6. In conducting client assessments, understanding a client's personality is a key consideration. Identify FOUR ways in which personality assessment is used in counselling services. (4 Marks)
7. During the counselling assessment phase, various tools are used to assess different conditions. Provide FOUR examples of counselling assessment tools. (4 Marks)
8. Samora, a Form Four student at Magomano Secondary School, has social challenges affecting his academic performance. Identify FOUR characteristics of melancholic personality traits you would consider checking while assessing Samora. (4 Marks)
9. Damackline, a counselling trainee, has been encouraged by her supervisor to undertake counselling sessions with an accredited counsellor. Outline any FOUR benefits she may gain from these sessions. (4 Marks)
10. Referring a client with severe depressive symptoms for further treatment and care requires proper documentation. State FOUR ways in which the assessment report will guide and inform the client referral process. (4 Marks)

**SECTION B (60 MARKS)*****Attempt Any THREE Questions in This Section***

11. Sophiah, a 34-year-old accountant, has been experiencing intense anxiety and frequent panic attacks. She has recently been promoted to a new position, which has increased her workload and responsibilities. She finds herself unable to concentrate at work and often feels overwhelmed by even minor tasks. She has also started avoiding social gatherings, fearing that she might have a panic attack in public.

Sophiah grew up in a household where her father was emotionally distant, and her mother was overly critical. Her father worked long hours and was rarely home, while her mother had high expectations and often expressed disappointment in Sophiah's achievements. Sophiah recalls feeling pressured to excel academically to gain her mother's approval, but she never felt her efforts were good enough.

Sophiah's anxiety has led her to seek therapy. During the sessions, she reveals dreams about being chased or trapped and frequently wakes up feeling terrified. She also shares her preoccupation with anticipated failure in her new role despite evidence to the contrary. Sophiah's therapist is exploring the underlying causes of her mental health challenges.

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- a) Illustrate the criteria for TWO disorders represented in the case above. (4 Marks)
  - b) Using a psychoanalytic perspective, demonstrate THREE ways in which Sophiah's childhood experiences might have contributed to her current mental health challenges. (6 Marks)
  - c) Demonstrate the application of TWO techniques from cognitive-behavioural theory to the above case. (10 Marks)
12. Assessing clients in counselling requires the demonstration of specific skills and attitudes to justify the intentionality of the practitioner.
- a) Explain FIVE skills that are used during client assessment. (10 Marks)
  - b) Discuss FIVE counsellor attitudes that need to be demonstrated when assessing the client. (10 Marks)
13. Practising counsellors are aware of the significance of regular supervision sessions. Using relevant examples:
- a) Justify FIVE benefits of counsellor supervision in your organisation. (10 Marks)
  - b) Supervision services can be offered in different forms. Discuss any TWO types of counsellor supervision. (10 Marks)

14. Chinu was hired to work as a counsellor at Wema Counselling Centre, and her job description involved conducting client assessments.

a) Describe FIVE factors she will consider in preparing her client assessment venue.

(10 Marks)

b) In Kesiah's interaction with clients, she diagnoses various forms of psychological disorders. Elaborate FIVE personality disorders she is likely to handle in her work.

(10 Marks)