



AMREF INTERNATIONAL TRAINING CENTER

QUALIFICATION CODE : 031306T4PSY
QUALIFICATION : COUNSELLING PSYCHOLOGY LEVEL 5
UNIT CODE : PSY/CU/CO/CR/02/5/A
UNIT OF COMPETENCY : PROVISION OF BASIC COUNSELLING SERVICES

CANDIDATE WRITTEN ASSESSMENT

INSTRUCTIONS TO CANDIDATE

1. You have **THREE** hours to answer all the questions.
2. This paper has two sections A and B.
3. You are provided with a separate answer booklet.
4. Marks for each question are indicated in the brackets.
5. Do not write on the question paper.

*This paper consists of **THREE (3)** printed pages*

Candidates should check the question paper to ascertain that all the pages are printed as indicated and that no questions are missing.

SECTION A: SHORT ANSWER QUESTIONS (40 MARKS)

(Answer all the questions in this section by writing down your responses/answers in answer booklet provided)

1. Guiding is not counselling, but guidance and counselling are important for clients. Highlight TWO differences between guidance and counselling (4 Marks)
2. You have been invited to XYZ National Polytechnic to offer counselling services to a group of students who are survivors of fire outbreak. Highlight FOUR factors to consider when preparing the counselling room (4 Marks)
3. Counsellors are expected to conduct themselves well when conducting counselling sessions with clients. Highlight FOUR qualities of an effective counsellor (4 marks)
4. It is important for a counsellor to collect the client's bio-data/information while conducting a session with a client. Outline FOUR basic information that should be included in the client intake form/biodata (4 Marks)
5. Before conducting a session, the counsellor should ensure that the counselling room/venue is well prepared. List FOUR items that are found in a counselling room (4 Marks)
6. Maria is a civil servant who works for the government in an institution. She is stressed and frustrated and thinks her life has stagnated. She says that although she reports to work every day, she does nothing the whole day except gossip with her colleagues and browse the internet. State FOUR presenting issues for counselling (4 Marks)
7. There are types of clients that may not be required to sign a consent form. Mention FOUR such clients (4 Marks)
8. A counselling contract is terminated according to counselling standards. Outline FOUR reasons for terminating a counselling contract (4 marks)
9. The relationship between a counsellor and a client is an important aspect of the therapeutic process. List FOUR benefits of counselling to a client (4 Marks)
10. Counsellors ascertain what the client perceives to be their biggest issue and the reasons why they go for counselling. Name any FOUR issues that take clients for counselling (4 Marks)

SECTION B: (60 MARKS)

ANSWER ANY THREE QUESTIONS IN THIS SECTION

11. As the lead counselling consultant at Elimu Enterprises, you noted during a recent relational review exercise that Ben, one of the in-house counsellors, was rated as highly biased by his colleagues and rarely attends supervision.
- a) Examine FIVE common types of biases that are likely to affect Ben's effectiveness (10 Marks)
 - b) Discuss FIVE ways in which Ben stands to benefit from regular counsellor supervision services (10 Marks)
12. EFG high school has organized 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.
- a) Elaborate on FIVE basic rights of students as participants in group counselling (10 Marks)
 - b) Discuss FIVE benefits of individual counselling (10 Marks)
13. The relationship between the counsellor and the client is an important aspect of the therapeutic process.
- a) Explain FIVE counselling skills that counsellors use for effective counselling sessions (10 Marks)
 - b) Making appropriate referrals is part of professional conduct for counsellors in practice. Discuss FIVE reasons for client referral (10 Marks)
14. As part of counsellor training, Zariah was expected to undertake mandatory personal therapy sessions. At the initial stages of the training, Zariah did not seem convinced of how she would benefit from this undertaking.
- a) Explain to Zariah FIVE ways in which she will benefit from personal therapy sessions (10 Marks)
 - b) Analyze FIVE components of an effective termination process that Zariah is likely to go through with her counsellor upon completion of her therapy sessions

(10 Marks)

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