



AMREF INTERNATIONAL TRAINING CENTER

Qualification Code : 031306T4PSY
Qualification : COUNSELLING PSYCHOLOGY LEVEL 5 & 6
Unit Code : HW/CU/CP/CR/03/5/MA
Unit of Competency : PROVIDE COMMUNITY COUNSELLING

WRITTEN ASSESSMENT

DATE: 10TH AUGUST 2026

TIME: 2 Hours START: 2PM FINISH: 4PM

INSTRUCTIONS TO CANDIDATES

1. This paper consists of two sections: **A** and **B**.
2. You are provided with a separate answer booklet.
3. Marks for each question are as indicated.
4. 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 pages are printed as indicated and that no questions are missing.

SECTION A: (40 Marks)

Answer all the questions in this section. Marks are indicated in brackets

1. Define the following terms
 - a) Community Counselling. (2 Marks)
 - b) Counselling Termination. (2 Marks)
2. Counsellor A at Community Support Unit Q is engaging clients within a community-based approach where counselling focuses on both individual and collective needs. State TWO goals of community counselling in such settings. (2 Marks)
3. A community outreach team at Support Network D is collaborating with local organizations to strengthen psychosocial support services. Identify TWO organizations that may support the delivery of community counselling services. (2 Marks)
4. During a counselling session at Community Resource Unit E, a client expresses concern about sharing personal information in a close-knit community. Mention THREE measures that may be taken to promote trust in community counselling. (3 Marks)
5. District Health Team Q is planning counselling services in different community locations where service access depends on where clients are most likely to be reached. Mention THREE settings suitable for community counselling. (3 Marks)
6. Follow-Up Program AH at Community Support Centre AI is ensuring continuity of care after counselling ends to prevent service gaps and relapse risks among clients. Outline THREE strategies that support continuity of care. (3 Marks)
7. You are conducting a survey to determine counselling needs among residents in a newly established settlement. Identify FOUR benefits of conducting a community needs assessment before implementing counselling services. (4 Marks)
8. Mental Health Unit AE assigns Counsellor E to apply different intervention methods depending on client needs and severity of cases presented in counselling sessions. State FOUR counselling techniques used in such interventions. (4 Marks)
9. Counsellor K at Recovery Support Centre L is supporting individuals affected by alcohol and drug use. State FOUR ways community counselling can assist individuals experiencing substance use challenges. (4 Marks)
10. Counsellor J at Community Clinic AA is initiating counselling relationships where unclear expectations have previously affected service delivery and client engagement. Outline FOUR components of a counselling contract used in such relationships. (4 Marks)

11. Community Health Program N is integrating counselling services into community systems where service delivery is expected to address needs beyond clinical environments. Identify FOUR characteristics of community counselling in such service models. (4 Marks)
12. Records Unit AM is organizing counselling records to improve tracking of client progress and overall service delivery outcomes in counselling practice. Mention FOUR types of counselling records used in practice. (4 Marks)

SECTION B: 60 MARKS

Answer Any Three Questions

13. Community Health Outreach Program R is implementing counselling services aimed at addressing psychosocial challenges affecting individuals, families, and groups within the community. The program is expected to operate in a way that reflects the nature and purpose of community-based counselling practice.
- a) Discuss FIVE key characteristics of community counselling the program is likely to demonstrate. (10 Marks)
 - b) Explain FIVE goals of community counselling the program is likely to address. (10 Marks)
14. Community Support Program S is planning to expand counselling services within the community by establishing different service points where clients can access support. The program is reviewing suitable locations for delivering counselling services in a way that is accessible and appropriate for different client needs.
- a) Discuss FIVE common settings where community counselling services may be provided. (10 Marks)
 - b) Explain FIVE key considerations when choosing a counselling setting in community counselling practice. (10 Marks)
15. Community Support Program T is strengthening its counselling services to improve how client situations are understood before interventions are planned. Counsellors are expected to follow structured procedures when working with clients in the community setting.
- a) Discuss FIVE principles of effective assessment in community counselling practice. (10 Marks)
 - b) Explain FIVE stages of assessment in community counselling practice. (10 Marks)
16. Community Support Program U provides ongoing counselling services to individuals within the community. Counsellors work with clients over time, and cases are reviewed periodically to determine progress and appropriate next steps within the counselling process.
- a) Discuss FIVE indicators that counselling can be terminated in community counselling practice. (10 Marks)
 - b) Explain FIVE steps in the process of termination in community counselling practice. (10 Marks)