



AMREF INTERNATIONAL TRAINING CENTRE

Qualification Code : 031306T4PSY
Qualification : Counselling Psychology Level 6
Unit Code : PSY/OS/CO/CR/01/6/A
Unit of Competency : Client Assessment

WRITTEN ASSESSMENT

Time: 3 HOURS

INSTRUCTIONS TO CANDIDATE

1. Marks for each question are indicated in the brackets.
2. The paper consists of **TWO** sections: **A** and **B**.
3. Candidates are provided with a separate answer booklet
4. **DO NOT** write on this 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.

1. Define the following terms as used in client assessment.
 - a) Assessment (2 Marks)
 - b) Client evaluation (2Marks)
2. Bipolar disorder is characterized by extreme mood swings that include emotional highs (mania or hypomania) and lows (depression). Identify **TWO** common symptoms experienced during the manic phase of bipolar disorder. (4 Marks)
3. Observation is one assessment method that a counsellor will likely apply when conducting client assessment. State **FOUR** other methods of assessment. (4 Marks)
4. In some cases, a counsellor may find it necessary to refer a client before sessions are over. Highlight **FOUR** reasons for client referral. (4 Marks)
5. The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5), classifies mental disorders into various categories based on similar clinical characteristics and symptom presentations. State **FOUR** categories of mental disorders outlined in the DSM-5. (4 Marks)
6. According to Jean Piaget's theory of cognitive development, the sensorimotor stage is the first stage of cognitive development that occurs from birth to around age 2. Outline **FOUR** major characteristics and developmental changes in the sensorimotor stage. (4 Marks)
7. Penny is a registered clinical supervisor and has been providing clinical supervision to counsellors for the past three years. Name **FOUR** responsibilities of a counsellor supervisor. (4 Marks)
8. Depressed client may experience a loss of interest in their daily activities. Identify **FOUR** clinical features of depression. (4 Marks)
9. Client assessment in counselling encompasses a variety of methods and techniques used to gather information about a client's presenting concerns, background, strengths, challenges, and goals. Name **FOUR** types of client assessments in counselling. (4 Marks)
10. Psychometric testing is critical in client assessment. Mention **FOUR** types of psychometric tests. (4 Marks)

SECTION B (60 MARKS)

Answer Any THREE Questions in This Section

11. Sleep is a naturally recurring state of rest characterized by altered consciousness, reduced sensory awareness, and decreased responsiveness to external stimuli.
- a) Explain FIVE stages of sleep (10 Marks)
 - b) Discuss FIVE sleep disorders. (10 Marks)
12. Sexual dysfunction refers to a difficulty or disturbance in sexual desire, arousal, orgasm, or pain that causes distress or impairment in interpersonal relationships or overall quality of life.
- a) Explain FIVE causes of sexual dysfunctions (10 Marks)
 - b) Discuss FIVE sexual dysfunctions. (10 Marks)
13. A counselling contract is a foundational document that outlines the terms, expectations, and boundaries of the therapeutic relationship between a counsellor or therapist and their client.
- a) Explain FIVE components of a contract form in counselling. (10 Marks)
 - b) Describe FIVE key reasons for contracting in counseling (10 Marks)
14. Upendo is a 22-year-old college student pursuing a diploma in nursing. She is a 1st born in a family of 5. Her father, the sole breadwinner of the family, passed on when she was in form four. Her mother has sold some property for her to go to nursing school, and two of her sisters are waiting to join college after Upendo finishes school. She feels she has to perform in school, get a job and help her family. She has started using bhang and alcohol to help her focus and sleep well. This has had the opposite effect, as her grades have dropped, and she has failed 5 exams in her last trimester. Upendo has locked herself in her room; she does not want to see anyone. She has switched off her phone, and her last social media status was “I fought a good fight, and I lost”. She has not been eating and feels fatigued, hopeless and helpless.
- a) Identify TWO assessment tools that you would use to help diagnose Upendo (2 Marks)
 - b) Describe FOUR causes of mental disorders amongst college students. (8 Marks)
 - c) Explain FIVE symptoms that may indicate that Claudia is not well and needs counselling. (10 Marks)