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**031306T4PSY**

## **COUNSELLING PSYCHOLOGY LEVEL 6**

**PSY/OS/CO/CR/08/6**

**Provide Addiction Counselling**

**March/April 2026**

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

### **PRACTICAL ASSESSMENT**

**TIME: 1 HOUR**

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### **INSTRUCTIONS TO THE VERIFIER**

1. You are expected to read the following excerpt and brief the person acting as the client on the expected emotional and behavioural expression as per the excerpt.

### **INSTRUCTIONS TO PERSON ACTING AS CLIENT**

1. Rehearse the following excerpt, which captures the content of what you will present to the counsellor in a simulated situation where you act as a client.
2. You have **10 MINUTES** to rehearse.

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### **EXCERPT**

*Joyleen is a 35-year-old woman married to Patrick, and together they have two children. She was once cheerful, dependable and deeply devoted to her family and career. However, she gradually began experiencing significant changes in her mood and behaviour. What started as occasional drinking after work slowly escalated into heavy alcohol use. Eventually, she turned to heroin and*

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*frequent vaping after a friend convinced her that these substances would help her “escape the pressure.” At home, Patrick noticed troubling changes. Joyleen became withdrawn, irritable, and inconsistent—sleeping all day at times and on other days, moving with restless agitation. The children grew unsettled as their once warm and present mother became unpredictable. Her work performance also deteriorated remarkably; she frequently arrived late, forgot meetings, missed deadlines, and struggled to complete tasks. Complaints from colleagues increased, she was placed under close supervision, and her finances collapsed as bills went unpaid and money went missing, leaving Patrick to manage unexpected expenses. Socially, Joyleen isolated herself from supportive friends and instead gravitated toward peers from drinking spots who encouraged her harmful habits. Despite the worsening situation, she denied having a problem and brushed off all concerns. Seeing her decline and the toll it was taking on their family, Patrick made the difficult but necessary decision to seek professional counselling to help Joyleen regain stability and protect their family’s well-being.*

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