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031306T4PSY

COUNSELLING PSYCHOLOGY LEVEL 6

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PSY/OS/CO/CR/02/6

Provide Counselling Services

November/December 2025

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

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WRITTEN ASSESSMENT

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TIME: 3 HOURS

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INSTRUCTIONS TO CANDIDATE

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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**.

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3. Marks for each question are indicated in the brackets.

4. Candidates are provided with a separate answer booklet

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5. Do not write on the question paper

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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***

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1. Moha, a professional counsellor, works in a busy organisation serving clients from diverse backgrounds and with varied life experiences. Identify FOUR professionals to whom Moha is most likely to refer his clients. (4 Marks)
2. At XYZ Counselling Centre, a counsellor charges therapy fees based on his mood, the client's appearance, and their dress code. State FOUR other examples of unethical behaviour that contravene the Counsellors' Code of Ethics. (4 Marks)
3. Clients often attend therapy sessions with purpose and intention. List FOUR therapeutic goals that professional counsellors may pursue to facilitate growth and change. (4 Marks)
4. You are conducting a group therapy session for young adults exhibiting behavioural misconduct. Mention FOUR cognitive-behavioural techniques you could apply to foster self-regulation and behaviour modification within the group. (4 Marks)
5. As a professional counsellor, you are required to seek supervision regularly in your counselling practice. Identify FOUR key responsibilities of a supervisee within the counsellor-supervisor relationship. (4 Marks)
6. A counselling treatment plan is a document that outlines a client's psychosocial concerns and provides direction for managing presenting issues. Briefly explain FOUR types of information typically included in a treatment plan. (4 Marks)
7. Accurate records and documentation are integral to professional counselling practice. Describe FOUR benefits of maintaining accurate and up-to-date counselling records. (4 Marks)
8. Low self-esteem can negatively impact a client's emotional and behavioural functioning. State FOUR psychological challenges that individuals with low self-esteem are likely to experience. (4 Marks)
9. In counselling, clients often present with unresolved personal conflicts. Suggest FOUR counselling interventions that can help clients work through unfinished business. (4 Marks)

10. Clients seeking counselling services are entitled to professional and ethical care.

Identify **FOUR** fundamental rights guaranteed to clients in counselling practice.

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(4 Marks)

SECTION B: (60 MARKS)

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*Attempt any **THREE** questions in this section*

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11. Jane, a counsellor working at a rehabilitation centre, has recently concluded therapy with a group of young adults recovering from substance use. Some clients have shown remarkable progress, while others continue to struggle with maintaining positive behaviour. Jane is expected to establish post-therapy support measures and employ counselling techniques that promote sustained behavioural change.

a) Discuss **FIVE** reasons follow-up services are essential after Jane terminates counselling sessions. (10 Marks)

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b) Describe **FIVE** counselling techniques Jane can employ to strengthen her clients' motivation for positive behaviour change. (10 Marks)

12. You have been invited to facilitate a support group of elderly adults aged between 68 and 82 years at a community centre. The group has expressed difficulties adjusting to

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life transitions, including declining health and loss of loved ones. One member hides feelings through humour, while another avoids confrontation by always agreeing with others. You decide to use Gestalt therapy to promote self-awareness and resolve unfinished business.

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a) Explain **FIVE** developmental tasks that elderly adults in this group may be addressing at this stage of life. (10 Marks)

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b) Analyse **FIVE** layers of neurosis described in Gestalt therapy as they relate to the above scenario. (10 Marks)

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13. Willy, a newly employed counsellor, works at a National Youth Service training camp where he supports young people from diverse cultural backgrounds.

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a) Briefly explain **FIVE** qualities Willy should demonstrate to provide culturally sensitive and inclusive counselling services. (10 Marks)

- b) Examine FIVE emotional or psychological issues that Willy is likely to address among youths in the National Youth Service training camp. (10 Marks)

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14. Anita, a trainee counsellor at a rescue centre, has recently begun attending to clients under the supervision of her mentor. As part of her professional development, she is being introduced to key counselling requirements, including documentation and the use of assessment tools that enhance practice.

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- a) Discuss FIVE benefits of establishing a counselling contract at the onset of the counselling relationship. (10 Marks)
- b) Describe FIVE assessment tools Anita is likely to use in her counselling sessions. (10 Marks)

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