



AMREF INTERNATIONAL TRAINING CENTRE

Qualification Code : 031306T4PSY
Qualification : Counselling Psychology Level 6
Unit Code : HW/CU/CP/CR/01/6/MA
Unit of Competency : Client Assessment

WRITTEN SPECIAL ASSESSMENT

DATE: 12TH AUGUST 2026

Time: 2 HOURS START: 9AM FINISH: 11AM

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.

SECTION A (40 MARKS)
Answer ALL Questions in This Section

1. Define the following terms as used in client assessment.
 - i. Psychological tests (2 Marks)
 - ii. Client Assessment (2Marks)
2. Schizophrenia is a mood disorder is characterized by various mental illness manifestations. Identify Four common symptoms experienced by schizophrenic client. (4 Marks)
3. Observation is one assessment method that a counsellor is likely apply when conducting client assessment. State four observable behaviors from a psychosis client. (4Marks)
4. In counseling, a counsellor may find it necessary to prepare a counseling contract. Highlight four basic considerations in preparing a counseling Contract. (4 Marks)
5. Kasarani counseling center takes assessment very serious before intervention is given to the client. Identify four client assessment methods. (4 Marks)
6. Counseling skills are very important for a good therapy session. Highlight FOUR Counseling skills. (4 Marks)
7. Penny is a registered clinical supervisor and has been providing clinical supervision to counsellors for the past three years. Outline Five responsibilities of a counsellor during supervision. (4 Marks)
8. Client With mental disorders may experience a loss of interest in daily activities. Identify other FOUR clinical features of mental disorders. (4 Marks)
9. Client assessment in counselling encompasses a variety of methods and techniques used to gather information about a client. Identify four methods of client assessments in counselling. (4 Marks)
10. Psychological Tests are very critical in client assessment. Mention Five types psychological tests that are commonly used in client assessment. (4 Marks)

SECTION B (60 MARKS)

Answer Any THREE Questions in This Section

11. You are a school counsellor assigned to support a 16-year-old student who recently lost a close sibling in a road accident. Over several sessions, you observe that the student is withdrawn, struggles to concentrate on schoolwork, and avoids interactions with peers. The student also expresses feelings of guilt and hopelessness and reports frequent headaches and sleep disturbances.

A) Discuss FIVE domains of grief reactions that may be observed in this student. (10 Marks)

B) Explain FIVE factors that could influence the intensity and expression of the student's grief. (10 Marks)

12. At Community Health Centre X, a 45-year-old man lost his spouse suddenly in a traffic accident. Since the death, he has struggled to return to work, avoids social gatherings, and reports feeling overwhelmed by memories of his spouse. His family has noticed he rarely eats properly, cries frequently, and seems irritable during conversations. As the attending grief counsellor, you are expected to assess his grief reactions and provide appropriate support.

A) Discuss FIVE emotional or behavioral signs of complicated or pathological grief that may be present in this client. (10 Marks)

B) Describe FIVE counselling interventions or strategies you could use to support the client in adapting to life after the loss. (10marks)

13. A client intake form is a foundational document that helps the counsellor to understand the client better in a therapeutic relationship between a counsellor or therapist and their client.

a) Explain FIVE components of a client intake form in counselling. (10 Marks)

b) Describe FIVE key reasons for contracting in counseling. (10 Marks)

14. Addiction is usually a very critical counseling issue characterized by altered consciousness, reduced sensory awareness, and decreased responsiveness to daily activities

a) Discuss FIVE stages of addiction. (10 Marks)

b) Discuss personal centered theory of counseling, show its key elements integrated in addiction counseling. (10marks)