

Qualification Code : 031306T4PSY
Qualification : Counselling Psychology Level 6
Unit Code : PSY/OS/CO/CR/02/6/A
Unit of Competency : Provide Counselling Services



AMREF INTERNATIONAL TRAINING CENTER
CANDIDATE WRITTEN ASSESSMENT

INSTRUCTIONS TO CANDIDATE

1. You have **THREE** hours to answer all the questions.
2. This paper has two sections A and B.
3. You are provided with a separate answer booklet.
4. Marks for each question are indicated in the brackets.
5. 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 the pages are printed as indicated and that no questions are missing.

SECTION A: (40 MARKS)

Answer all questions in this section

1. Making appropriate referrals is part of professional conduct for counsellors in practice. State FOUR reasons for client referral. (4 Marks)
2. In the counselling profession, a logbook is a tool used to record counselling activities. Enumerate FOUR important details that can be included in the logbook. (4 Marks)
3. Counselling theories play a vital role during counselling sessions since they influence the therapeutic relationship and aid in providing interventions. Name FOUR theories used in providing counselling to a client. (4 Marks)
4. Maria, a beginner counsellor, is preparing all the necessary documents for her practice. Mention FOUR essential documents required in every counselling session. (4 marks)
5. Continuum of care involves continuous support and follow-up services at different stages of counselling for anxiety clients. Give FOUR benefits of continuum of care for an anxiety client. (4 Marks)
6. Counsellors are encouraged to observe some ethical practices while conducting their sessions. Identify FOUR unethical issues in counseling (4 Marks)
7. Evaluation refers to the measures used to assess the effectiveness of the counselling process. Highlight FOUR reasons why evaluation should be conducted in counselling. (4 Marks)
8. County XYZ deployed counsellors to provide debriefing to clients. Suggest FOUR instances where debriefing can be provided. (4 Marks)
9. Bobby, a practicing counsellor in town, is worried because, after attending the first counselling session, all her clients request to terminate therapy. Outline FOUR possible reasons why her clients may be terminating their sessions prematurely. (4 Marks)
10. There are types of clients that may not be required to sign a consent form. Mention FOUR such clients who may not be able to sign a consent form. (4 Marks)

SECTION B (60 MARKS)

Attempt any Three questions

11. Zara is preparing to establish a counselling group for individuals who have experienced emotional trauma.
- a) Discuss FIVE critical factors Zara should consider when forming the group to ensure its effectiveness (10 Mark)
 - b) Evaluate FIVE strategies Zara can implement to establish a strong therapeutic relationship with group members in a counselling setting (10 marks)
12. The relationship between a counsellor and a client is an important aspect of the therapeutic process.
- a) Explain FIVE benefits of counselling to a client (10 marks)
 - b) Discuss FIVE common problems that counsellors face in their work (10 marks)
13. Cognitive Behavior Therapy (CBT) by Wilhelm Wundt is a goal-oriented psychotherapy that takes a hands-on practical approach to problem solving.
- a) Identify FOUR issues that CBT can address (4 Marks)
 - b) Describe FOUR goals of Cognitive Behavioral Therapy (8 Marks)
 - c) Discuss FOUR steps followed by CBT in helping a client (8 Marks)
14. Jacob has been working in a counselling center that specializes in debriefing, loss and grief, and trauma therapy. Lately, he feels overwhelmed and is considering quitting his job.
- a) Discuss FIVE ways in which counsellor supervision can benefit Jacob in his current situation. (10 Marks)
 - b) Describe FIVE duties of a Counselor supervisor (10 Marks)