

031306T4PSY

COUNSELLING PSYCHOLOGY LEVEL 6

PSY/OS/CO/CR/02/6

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Provide Counselling Services.

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

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PRACTICAL ASSESSMENT

INSTRUCTIONS TO THE VERIFIER

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

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INSTRUCTIONS TO THE PERSON ACTING AS THE CLIENT

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

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EXCERPT

Larry, a 34-year-old man and the lastborn in a family of five siblings, has been going through an extremely difficult period in his life. He has been experiencing constant headaches, insomnia, overwhelming self-hatred, and frequent anger outbursts. Last month, he attempted suicide for the

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fourth time and now feels deeply ashamed and disappointed that the attempt was not successful. Two years ago, Larry lost his job as a manager at Uchumi Limited Company, an event that not only affected him financially but also shattered his sense of identity and purpose. Without a stable income, Larry now relies on his parents and siblings to support him and his five-year-old son. The dependence, along with the humiliation he feels from some family members, has intensified his emotional turmoil. He often describes himself as “useless” and unable to cope with life’s demands. As the months passed, his frustration and hopelessness grew stronger, leaving him feeling trapped, isolated, and burdensome to his family and extended relatives. Recognizing that his condition was worsening, Larry’s family eventually encouraged him to seek professional help. After much persuasion, he was referred to a counsellor for therapy sessions.