



AMREF INTERNATIONAL TRAINING CENTRE

Qualification Code : 031306T4PSY
Qualification : COUNSELLING PSYCHOLOGY LEVEL 6
Unit Code : PSY/OS/CO/CR/06/6/A
Unit of Competency : MEDICAL CONDITIONS COUNSELLING

WRITTEN ASSESSMENT

TIME: 3 HOURS

INSTRUCTIONS TO CANDIDATES

1. The paper consists of **TWO** sections; **A & B**
2. You are provided with a separate answer booklet
3. Marks for each question are as indicated
4. **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 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 medical conditions counselling:
 - a) Palliative care (2 marks)
 - b) Terminal illness (2 marks)
2. You are a counsellor working in a hospital where you support patients diagnosed with chronic illnesses. Identify FOUR goals of medical conditions counselling. (4 marks)
3. Home-based care is often used as part of support for clients with chronic illnesses. State FOUR benefits of home-based care for chronically ill clients. (4 marks)
4. In some situations, counsellors may need to refer clients to other professionals or services. Identify FOUR reasons why client referral may be necessary. (4 marks)
5. Working with clients who have cancer presents unique demands for counsellors. Outline FOUR common challenges faced by counsellors working with cancer patients. (4 marks)
6. Some medical conditions require counselling support in addition to medical treatment. State FOUR examples of medical conditions that require psychosocial support. (4 marks)
7. You are a counsellor in a hospital setting. Before beginning sessions with a new patient, you enter into a contract to ensure clarity and structure during counselling. Mention FOUR components of a counselling contract in medical settings. (4 marks)
8. Treatment plans guide the counselling process for clients with chronic illnesses. Identify FOUR key features of an effective treatment plan for clients with chronic illness. (4 marks)
9. Early screening is an important step in addressing medical conditions. Outline FOUR benefits of early screening for medical conditions. (4 marks)
10. Ending the counselling relationship should be based on clear indicators of client readiness. State FOUR indicators that a client is ready for termination. (4 marks)

SECTION B: (60 MARKS)

Answer Any THREE questions in this session

11. You are a counsellor working in a hospital, supporting patients living with chronic illnesses. You plan to conduct a psychoeducation session to help them understand their condition and develop coping skills.
- a) Discuss FIVE topics you would cover in the psychoeducation session. (10 marks)
 - b) Explain FIVE benefits of psychoeducation for patients living with chronic illnesses. (10 marks)
12. You are a counsellor in a hospital working with patients diagnosed with chronic medical conditions. Your goal is to support them in managing their illness and adopting healthier lifestyle habits.
- a) Describe FIVE counselling interventions you would recommend to promote lifestyle change. (10 marks)
 - b) Discuss FIVE benefits of using group counselling for clients with chronic medical conditions. (10 marks)
13. Continuous evaluation and personal development are essential for counsellors to maintain and improve professional competence.
- a) Explain FIVE benefits of counsellor evaluation. (10 marks)
 - b) Discuss FIVE personal development activities that enhance counsellor competence. (10 marks)
14. Counsellors must assess when to conclude sessions or involve other professionals to ensure clients receive appropriate care.
- a) Describe FIVE indicators that show a client is ready for termination. (10 marks)
 - b) Explore FIVE reasons why you may need to refer a client to other professionals. (10 marks)