

031306T4PSY

COUNSELLING PSYCHOLOGY LEVEL 6

PSY/OS/CO/CR/03/6

Provide Crisis Counselling

Nov/Dec 2024



TVET CURRICULUM DEVELOPMENT, ASSESSMENT AND CERTIFICATION

COUNCIL (TVET CDACC)

EXCERPT

INSTRUCTIONS TO THE PERSON ACTING AS THE CLIENT

1. Rehearse the following excerpt which captures the content of what you will present to the counselor in a simulated situation where you act as a client.
2. You have **10 minutes** to rehearse.

James, a 36-year-old married man, with three children, finds himself in a deep crisis. He works far from home as a clerk, and is struggling to make ends meet, particularly with the heavy burden of school fees for his three high school-aged children. Over the past year, his relationship with his wife has deteriorated; she feels neglected, accusing James of prioritizing his work over his family. This led James to withdraw emotionally from his family, and in his loneliness, he started an affair with a college girl in her second year. Last week she dropped a bombshell, she's two months pregnant and wants to move in with James as his wife. She expects him to support her by paying her college fees since her parents have refused to take her back. Now, James is at a breaking point. The weight of his responsibilities is overwhelming, and he is paralyzed by fear and confusion. He doesn't know how to tell the girl that he already has a family and cannot take on this new responsibility. Desperate for help, James is caught between the demands of his existing family and the girlfriend, making him feel like he can no longer cope with this life.