



**AMREF INTERNATIONAL TRAINING CENTER**

**Qualification Code : 031306T4PSY**  
**Qualification : COUNSELLING PSYCHOLOGY LEVEL 6**  
**Unit Code : PSY/CU/CO/CR/06/6**  
**Unit of Competency : Medical conditions counselling.**

**WRITTEN ASSESSMENT**

**11<sup>TH</sup> AUGUST 2026**

**Time: 2 HOURS**

**START :2PM FINISH:4PM**

**INSTRUCTIONS TO CANDIDATES**

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 the questions in this section***

1. A Counsellor at a referral hospital is working with patients and their families across different stages of treatment and recovery. State FOUR roles of a counsellor in medical settings. (4 Marks)
2. Healthcare facility in the city has integrated counselling services within its patient management framework to improve service delivery. State FOUR benefits of medical conditions counselling in healthcare. (4 Marks)
3. A counselling team at a regional hospital is reviewing intended outcomes of psychosocial support services provided to patients with health-related conditions. Outline FOUR key goals of medical conditions counselling. (4 Marks)
4. You are working at a healthcare institution where new counselling rooms are being prepared for patients receiving psychosocial support services. Enumerate FOUR characteristics of a safe counselling room. (4 Marks)
5. Counsellor Imani is preparing to collect relevant information to guide support planning for a patient attending a chronic illness clinic. Outline FOUR types of assessment used in medical conditions counselling. (4 Marks)
6. A staff training session introduces counsellors at a healthcare setting to psychological frameworks used when supporting patients with medical conditions. Mention FOUR counselling theories used in medical conditions counselling. (4 Marks)
7. You are reviewing cases at a clinic to understand conditions that require psychosocial support as part of patient care. Identify FOUR common medical conditions that may require counselling interventions. (4 Marks)
8. Counselling department P is coordinating with other service providers to ensure patients receive additional support beyond the hospital setting. State FOUR types of referral used in counselling practice. (4 Marks)
9. A counselling unit is reviewing how counselling engagements may come to an end within the healthcare facility. Name FOUR types of termination in counselling. (4 Marks)
10. Healthcare facility Q is strengthening its systems for supporting patients after counselling sessions have been completed. State FOUR follow-up mechanisms used in counselling practice. (4 Marks)

**SECTION B: 60 MARKS**

***Answer Three Questions in this Section***

11. A chronic disease clinic at Centre K is managing patients who present with different psychosocial needs linked to long-term health conditions. The counselling unit is required to follow structured procedures when supporting patients across different stages of care. The unit is also experiencing operational challenges that affect service delivery.
- a) Describe FIVE steps in the counselling process used in medical conditions counselling. (10 Marks)
  - b) Explain FIVE challenges encountered during medical conditions counselling. (10 Marks)
12. You are a counsellor at a referral hospital working with patients receiving treatment for various long-term health conditions. The hospital requires that every counselling engagement begins with a clear professional agreement between the counsellor and the patient.
- a) Explore FIVE components of a counselling contract. (10 Marks)
  - b) Explain FIVE purposes of a counselling contract in counselling practice. (10 Marks)
13. A referral hospital has experienced an increase in patients requiring psychosocial support alongside medical treatment. The cases involve individuals affected by different health conditions that influence emotional, social, and functional wellbeing. The counselling department is reviewing how these cases are managed.
- a) Examine FIVE challenges that the institution may encounter while handling medical conditions clients. (10 Marks)
  - b) Explain FIVE counselling implications associated with medical conditions with the above. (10 Marks)
14. You are working as a counsellor at Centre K supporting patients who have been under care for a period of time. The facility is reviewing cases to determine readiness for discharge while ensuring that support systems remain available after counselling ends. The aim is to maintain continuity of care within the health system.
- a) Explain FIVE indicators of termination in counselling. (10 Marks)
  - b) Describe FIVE strategies used in maintaining continuum of care after termination. (10 Marks)