

031306T4PSY
COUNSELLING PSYCHOLOGY LEVEL 6
PSY/OS/CO/CR/10/6
Provide Adolescent Counselling
July/August 2025



AMREF INTERNATIONAL TRAINING CENTER
WRITTEN ASSESSMENT
CANDIDATE TOOL

Time: 3 HOURS

INSTRUCTIONS TO CANDIDATE

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 three (3) of printed pages

Candidate 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. Person-centered theory forms the foundation of many counselling approaches. Identify the **THREE** core principles of person-centered theory. (3 Marks)
2. A well-prepared counselling environment enhances the therapeutic process. Adolescent counsellors need to ensure that the therapy rooms have the necessary resources to facilitate counselling. Outline any **FOUR** of these resources. (4 Marks)
3. Orientation to counselling is essential for building trust with adolescent clients. Identify three ethical issues to consider when orienting an adolescent to counselling services. (3 Marks)
4. Adolescence is a complex period of development marked by significant physical, emotional, and social changes. Highlight **FOUR** issues adolescents may present in counselling. (4 Marks)
5. While confidentiality builds trust in the counselling relationship, there are situations where breaching it is ethically justified. Identify **FOUR** ethical situations where confidentiality might need to be breached in adolescent counselling. (4 Marks)
6. Mental health disorders can significantly impact adolescent development. Mention **FOUR** disorders that may be diagnosed among adolescents. (4 Marks)
7. Self-disclosure is a key skill in building rapport and trust during adolescent counselling. Highlight **THREE** roles of self-disclosure in adolescent counselling. (3 Marks)
8. Counsellors must understand the boundaries of confidentiality. Identify **FOUR** situations where confidentiality might need to be breached in adolescent counselling. (4 Marks)
9. Adolescence is a critical stage in psychosocial development. Highlight **FOUR** developmental tasks adolescents may successfully achieve based on Erik Erikson's theory. (4 Marks)
10. Evaluation is crucial to measure the effectiveness of counselling. Mention **FOUR** ways to evaluate the progress of an adolescent client during the counselling process. (4 Marks)
11. Working with the parents of adolescent clients can be both helpful and challenging. Outline any **THREE** challenges counsellors may face when working with parents of adolescents. (3 Marks)

SECTION B: (60 MARKS)

(Answer any THREE (3) questions in this section)

12. *Kevin is a 16-year-old boy who has recently transferred to a new school in a different town after his parents separated. Since the move, Kevin has struggled to make new friends, often appears anxious in class, and has started skipping school. During a session, he confesses to feeling “like no one understands him” and expresses anger toward both parents.*
- Identify the psychosocial crisis Kevin is likely experiencing according to Erikson’s theory, and explain how the crisis relates to his behavior. (4 Marks)
 - Identify SIX behavioral or emotional reactions adolescents may exhibit in response to parental separation. (6 Marks)
 - Explain FIVE counselling goals or interventions you would consider when supporting Kevin through his transition. (10 Marks)
13. Adolescent clients are considered a vulnerable population, and working with them requires strict adherence to ethical and professional standards. Counsellors must balance confidentiality, informed consent, and parental involvement while safeguarding the adolescent’s well-being.
- Discuss FIVE ethical principles that must guide the counselling process when working with adolescents. (10 Marks)
 - Explain FIVE ethical dilemmas a counsellor may face when counselling adolescent clients. (10 Marks)
14. Sigmund Freud is prominent for his psychosexual development stages.
- Describe the FIVE psychosexual stages of personality development according to Sigmund Freud. (10 Marks)
 - Defense mechanisms are psychological strategies used by the ego to manage anxiety arising from unacceptable thoughts or feelings. Describe FIVE defense mechanisms proposed by Sigmund Freud. (10 Marks)
15. During the counselling process, it is important for the counsellor to recognize when it is appropriate to either terminate sessions or refer the adolescent client to another professional for further assistance.
- Discuss FIVE indicators that show an adolescent is ready for counselling termination. (10 Marks)
 - Describe FIVE situations that may warrant a counsellor to refer an adolescent client to another professional. (10 Marks)