

Printed By: Amref International Training Center

Date: 20.11.2025 07:43 AM

031306T4PSY

COUNSELLING PSYCHOLOGY LEVEL 6

Printed By: Amref International Training Center

Date: 20.11.2025 07:43 AM

Provide Addiction Counselling

November/December 2025

Printed By: Amref International Training Center

Date: 20.11.2025 07:43 AM



Printed By: Amref International Training Center

Date: 20.11.2025 07:43 AM

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

Printed By: Amref International Training Center

Date: 20.11.2025 07:43 AM

WRITTEN ASSESSMENT

Time: 3 HOURS

Printed By: Amref International Training Center

Date: 20.11.2025 07:43 AM

INSTRUCTIONS TO CANDIDATE

Printed By: Amref International Training Center

Date: 20.11.2025 07:43 AM

1. This paper consists of **TWO** sections: **A** and **B**.
2. Answer **ALL** questions in section **A** and **ANY THREE (3)** questions in section **B**.
3. Marks for each question are indicated in the brackets.
4. Candidates are provided with a separate answer booklet.
5. Do not write on the question paper.

Printed By: Amref International Training Center

Date: 20.11.2025 07:43 AM

Printed By: Amref International Training Center

Date: 20.11.2025 07:43 AM

***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)

Attempt ALL the questions in this section.

1. Define the following terms as used in addiction counselling:

a) Addiction

b) Detoxification

(4 Marks)

2. Clients experiencing substance use disorders frequently present with additional psychological conditions. Identify FOUR mental disorders that often co-occur with substance use disorders. (4 Marks)

3. John, a 32-year-old factory worker, reports to counselling after his alcohol use led to repeated absenteeism and marital tension. Suggest FOUR contributing factors that may have intensified John's dependence on alcohol. (4 Marks)

4. Mary, a 25-year-old university student, seeks help for compulsive online gambling that has resulted in mounting debts and academic failure. State FOUR indicators that may reflect the severity of her addictive behaviour. (4 Marks)

5. Professional ethics guide counsellors in maintaining integrity and accountability. Give FOUR advantages of adhering to a code of ethics in addiction counselling. (4 Marks)

6. The Cognitive-Behavioural Theory provides a framework for understanding and modifying addictive thoughts and actions. Outline FOUR core principles of Cognitive-Behavioural Theory relevant to addiction counselling. (4 Marks)

7. Individuals in recovery settings exhibit varied reactions to relapse triggers. Mention FOUR factors that may influence a person's response to addiction triggers during recovery. (4 Marks)

8. Counsellor Jacob decides to refer his client Ada for specialised services after recognising limits in his capacity to address her needs. Indicate FOUR professional reasons that may justify such a referral. (4 Marks)

9. Understanding drug categories is fundamental in addiction management. Identify FOUR main classifications of psychoactive substances encountered in addiction counselling. (4 Marks)

10. Joy, an addiction counsellor, has been attending to substance abuse clients continuously for two years without rest. She begins to experience emotional fatigue and detachment from her work. Describe FOUR symptoms that may suggest counsellor burnout. (4 Marks)

SECTION B (60 MARKS)

Attempt Any THREE Questions in This Section

11. Sarah, aged 40, has been married for ten years and lives with her husband Tom and their two children. She initially began using prescription painkillers to manage chronic back pain, but has become dependent on them, leading to financial strain and family discord. Although she feels remorseful, she cannot stop using the medication, and her marriage is deteriorating.

- a) Describe FIVE assessment tools that can be applied when counselling Sarah for prescription drug dependence. (10 Marks)
- b) Explain FIVE relapse-prevention strategies that could be incorporated into Sarah's addiction counselling programme. (10 Marks)

12. A rehabilitation centre has recently experienced violence among clients in recovery, leaving several injured and staff distressed. As an addiction counsellor called to intervene, you must stabilise the situation and support both clients and families.

- a) Discuss FIVE crisis-intervention models applicable in addiction counselling within this context. (10 Marks)
- b) Analyse FIVE major challenges that may arise when providing addiction counselling services in a rehabilitation crisis situation. (10 Marks)

13. Addiction recovery is a progressive process characterised by distinct motivational stages and emotional transitions. Counsellors use structured models to guide clients toward sustained change.

- a) Describe FIVE stages of addiction recovery as outlined in the Transtheoretical Model of Change. (10 Marks)
- b) Illustrate FIVE counselling techniques that can support clients during each stage of the recovery process. (10 Marks)

14. In addiction treatment, structured planning provides direction, measurable goals, and accountability for both counsellor and client.

- a) Explain FIVE essential components that should be included in a comprehensive addiction-treatment plan. (10 Marks)
- b) Evaluate FIVE benefits of developing and implementing a treatment plan in addiction recovery counselling. (10 Marks)