

031306T4PSY

COUNSELLING PSYCHOLOGY LEVEL 6

PSY/OS/CO/CR/01/6

Assess the Client

March/April 2025



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

WRITTEN ASSESSMENT

Printed By: Amref International Training Center

Date: 25.03.2025 10:31 AM

Time: 3 HOURS

INSTRUCTIONS TO CANDIDATE

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.

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 client assessment in counselling:
 - a) Evaluation in counselling (2 Marks)
 - b) Client's biodata (2 Marks)
2. Effective counselling assessment tools must meet specific criteria. State THREE essential criteria for effective counselling tools. (3 Marks)
3. A well-prepared counselling environment enhances the therapeutic process. Identify FOUR key features of an ideal counselling setting. (4 Marks)
4. The counselling profession is governed by ethical and legal considerations. Specify FOUR key ethical or legal issues in counselling. (4 Marks)
5. Psychological assessment in counselling often involves collaboration among professionals. Outline FOUR categories of professionals who may participate in the assessment process. (4 Marks)
6. Sexual disorders are becoming increasingly recognised as contributors to mental health issues. State FOUR sexual disorders that a counsellor may assess in a 45-year-old male client. (4 Marks)
7. Memory is an essential cognitive function involving learning, retention, and recall. Mention FOUR types of memory in human cognition. (4 Marks)
8. Emotions are subjective experiences triggered by various situations. Identify FOUR ways in which emotions can be externally expressed. (4 Marks)
9. A 10-year-old girl has been referred for psychological assessment after experiencing sexual abuse by unknown assailants. Describe FOUR psychological symptoms that she is likely to manifest as a result of the trauma. (4 Marks)
10. A key responsibility of a counsellor is to orient clients to the counselling process. Outline FIVE steps that should be followed to ensure effective client orientation. (5 Marks)

SECTION B (60 Marks)

Attempt any THREE questions in this section.

11. Jane, a 46-year-old married woman with four children (aged 21, 15, 8, and 1), is a high school teacher who has recently been experiencing dissatisfaction with her career. Over the past two weeks, she has displayed mood fluctuations, including anger outbursts, extreme sadness, and occasional heightened excitement. One night, she threw a pot of hot water at her husband after he requested a cup of tea, though he was unharmed. Concerned about her emotional instability, Jane has been referred for counselling.
- Identify and explain the psychosocial stage that Jane is experiencing according to Erik Erikson's theory. (2 Marks)
 - Identify and explain the psychosocial stages of Jane's children based on Erik Erikson's theory. (8 Marks)
 - As a counsellor, describe FIVE counselling techniques you would use to support Jane during therapy. (10 Marks)
12. Supervision in counselling is a structured process where a more experienced professional oversees the work of a less experienced counsellor or therapist.
- Examine FIVE benefits of supervision for a practising counsellor. (10 Marks)
 - Describe FIVE methods that can be used in counselling supervision. (10 Marks)
13. Counselling follows a structured process, and termination with a client—particularly one diagnosed with bipolar disorder, requires careful planning.
- Describe FIVE key considerations a counsellor should take into account before terminating therapy with a bipolar client. (10 Marks)
 - Evaluate FIVE essential components of a termination letter that reflect professionalism in counselling. (10 Marks)
14. Suicide is a growing public health concern that has caused significant distress in society. Counsellors are expected to refer suicidal clients under specific conditions.
- Explain FOUR circumstances under which a counsellor should refer a client with suicidal tendencies. (8 Marks)
 - Depression and anxiety are major risk factors for suicidality. Discuss SIX warning signs that indicate suicidal ideation in a client. (12 Marks)