

031306T4PSY

COUNSELING PSYCHOLOGY LEVEL 5

PSY/OS/CO/CR/02/5/A

Provide Basic Counselling Services

Nov/Dec 2024



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

**WRITTEN ASSESSMENT**

**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 of FOUR 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. Guidance is not Counselling. Give FOUR differences between guidance and counselling. (4 Marks)
2. Counsellor Jay approached you for a serious conversation concerning the need and importance of careful selection of the assessment tools. Mention FOUR importance of assessment tools. (4 Marks)
3. You have been invited to Sigalagala National Polytechnic to offer counselling services to a group of students who are survivors of fire outbreak. Highlight FOUR factors to consider when preparing the counselling room. (4 Marks)
4. Projection is one of the ego defence mechanism discussed by Sigmund Freud in the psychoanalyst theory. List other FOUR ego defense mechanisms by Sigmund Freud. (4 Marks)
5. Counsellor Jane has been making follow up on her client recovery process for two weeks now. Give FOUR reasons for follow up in offering basic counselling services. (4 Marks)
6. Lilian is a civil servant who works for the government treasury. She is stressed and frustrated and thinks her life has stagnated. She says that although she reports to work at 9am every day, she does nothing the whole day except gossip with her colleagues and browse the internet. State FOUR presenting issues for counselling. (4Marks)
7. As a practicing counselor, Self-evaluation is very important. Hence, self-evaluation should be regularly carried out. Highlight FOUR importance for counsellor self-evaluation. (4 Marks)
8. Counselling contracts essentially stipulate expectations of both the client and therapist by establishing better working boundaries. Highlight FOUR characteristics of a counselling contract. (4 Marks)
9. Cognitive behaviour therapy (CBT) is an effective treatment approach for a range of mental and emotional health issues, including anxiety and depression. Mention FOUR key Issues to consider before choosing CBT as a counsellor (4 Marks)
10. Counsellor Brenda has been having series of clients with accident traumatic experience for two weeks now. She felt overwhelmed with low motivation. When she shared this with her boss, she was requested to seek supervision. Give FOUR reasons for supervision. (4 Marks)

**SECTION B (60 MARKS)**

**Answer Any THREE Questions in This Section. Question number 11 is COMPULSARY**

11. Read the following case study and answer the questions that follow.

*Kesia is 24 years old and is a second year student studying Business Administration at a local University. She is struggling with identity issues and existential crisis and the reason she has come for Counselling. She first joined University 3 years ago to do Chemical Engineering after scoring an A in her KCSE. However, the course became a struggle for her. She constantly found herself falling short of the pass mark and eventually quit and changed Campuses. She's now feeling overwhelmed with anxiety and says she has never forgiven herself for quitting. According to her, she should have struggled her way through university and made it out however tough things had been. She avoids her former classmates because she's ashamed of her 'failure' she says that the only thing that matters to her is succeeding and getting rich. That everything else is not as important as this. She says that she feels like a failure because she's not performing as well as she would like to. In the most recent exam, she scored 09 out of 20 Marks. When the lecturer came to class and announced to them that the person with the highest marks had scored 15 out of 20 Marks, Kesia was troubled and has since been asking herself why she wasn't the one who scored those marks. That if someone else could do it, then so should she. She has been having trouble sleeping and she says that she constantly thinks of all the things she would like to do that she's not doing. And how the world is 'passing her by.'*

(a) Explain any three real/ underlying issues that Kesia has. (6 Marks)

(b) Discuss any two techniques in EACH of the following theories that would be applicable to this case.

(i) The Rational Emotive Behavioral Theory (4 Marks)

(ii) Behavioral theory (4 Marks)

(iii) Person centered (4 Marks)

(c) According to the four temperament's model, what is Kesia's personality type? (2 Marks)

12. Human development describes changes that take place in an organism over the life span, for example physical development (body changes), cognitive development (individual thinking), and solid development (how individual relates as well as individual personality).

a) Describe THREE childhood developmental stages in Human growth and development. (9 Marks)

b) Highlight FIVE characteristics of a child. (5 Marks)

c) Discuss THREE contextual issues a counsellor is likely to deal with in a counselling session with a child. (6 Marks)

13. Counselling process is the approach towards establishing the problems and plans towards reaching the goal. This is mostly built by the counsellor through the application of various skills, techniques and theories in intervening into client issues.

a) Describe FIVE steps of the counselling process. (10 Marks)

b) Discuss FIVE skill in the process of counselling (10 Marks)

14. Joel who has been experiencing issues of relationship was undertaking his counselling sessions at HIMA Counselling Centre for three weeks now. Yesterday he called her counsellor and informed her that he will wish to terminate the counselling session.

a) Discuss FIVE reasons for pre-mature termination. (10 Marks)

b) Discuss FIVE Symptoms of each of the following personality disorders that Joel could be suffering from.

i. Depressive disorders (unipolar) (5 Marks)

ii. Bipolar disorders (5 Marks)