



AMREF INTERNATIONAL TRAINING CENTER

Qualification Code : 031306T4PSY
Qualification : Counselling Psychology Level 5
Unit Code : PSY/CU/CO/CR/02/5/A
Unit Of Competency : Provision Of Basic Counselling Services

CANDIDATE WRITTEN ASSESSMENT

INSTRUCTIONS TO CANDIDATE

1. You have **THREE** hours to answer all the questions.
2. This paper has two sections A and B.
3. You are provided with a separate answer booklet.
4. Marks for each question are indicated in the brackets.
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 the pages are printed as indicated and that no questions are missing.

SECTION A: (40 MARKS)

Answer all questions in this section

1. Guiding is not counselling, but guidance and counselling are important for clients. Highlight TWO differences between guidance and counselling. (4 Marks)
2. Counsellors are expected to conduct themselves well when conducting counselling sessions with clients. Mention FOUR qualities of an effective counsellor. (4 marks)
3. It is important for a counsellor to collect the client's bio-data/information while conducting a session with a client. Outline FOUR basic information that should be included in the client intake form. (4 Marks)
4. Maria is a civil servant who works for the government in an institution. She is stressed and frustrated and thinks her life has stagnated. She says that although she reports to work every day, she does nothing the whole day except gossip with her colleagues and browse the internet. State FOUR presenting issues for counselling. (4 Marks)
5. There are types of clients that may not be required to sign a consent form. Mention FOUR such clients. (4 Marks)
6. A counselling contract is terminated according to counselling standards. Outline FOUR reasons for terminating a counselling contract. (4 marks)
7. The relationship between a counsellor and a client is an important aspect of the therapeutic process. List FOUR benefits of counselling to a client (4 Marks)
8. Counsellors are encouraged to observe some ethical practices while conducting their sessions. Identify FOUR unethical issues in counseling (4 Marks)
9. Making appropriate referrals is part of professional conduct for counsellors in practice. State FOUR reasons for client referral. (4 Marks)
10. Counsellors ascertain what the client perceives to be their biggest issue and the reasons why they go for counselling. Name FOUR issues that take clients for counselling. (4 Marks)

SECTION B: (60 MARKS)

Attempt any three questions

11. As the lead counselling consultant at Elimu Enterprises, you noted during a recent relational review exercise that Ben, one of the in-house counsellors, was rated as highly biased by his colleagues and rarely attends supervision.
- a) Examine FIVE common types of biases that are likely to affect Ben's effectiveness. (10 Marks)
 - b) Discuss FIVE ways in which Ben stands to benefit from regular counsellor supervision services. (10 Marks)
12. EFG high school has organized group counselling sessions for some students identified as having anger management challenges. As part of holistic care, the counsellor in charge has invited you to conduct both individual and group counselling sessions.
- a) Elaborate on FIVE basic rights of students as participants in group counselling (10 Marks)
 - b) Discuss FIVE benefits of individual counselling (10 Marks)
13. Counsellors need to be well-grounded in skills of counselling for them to discharge their responsibilities as effective counsellors.
- a) Explain FIVE counselling skills that counsellors use for effective counselling sessions. (10 Marks)
 - b) Discuss FIVE roles of a counsellor during a counselling session. (10 Marks)
14. As part of counsellor training, Zariah was expected to undertake mandatory personal therapy sessions. At the initial stages of the training, Zariah did not seem convinced of how she would benefit from this personal therapy.
- a) Explain FIVE ways Zariah will benefit from personal therapy sessions. (10 Marks)
 - b) Discuss FIVE components of an effective termination process that Zariah is likely to go through with her counsellor upon completion of her therapy sessions. (10 Marks)