

**031306T4 PSY**

**COUNSELLING PSYCHOLOGY LEVEL 6**

**PSY/OS/CO/CR//02/06 /A**

**Provide Counselling Services**

**March/April 2025**



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

**WRITTEN ASSESSMENT**

Printed By: Amref International Training Center

Date: 26.03.2025 08:30 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 FIVE (5) 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 questions in this section.*

1. Counselling differs from other helping professions as it focuses on addressing and resolving personal problems and challenges. State TWO major distinctions between:
  - i. Counselling (2 Marks)
  - ii. Psychotherapy (2 Marks)
2. A competent counsellor's first crucial step before starting a counselling session is to establish a contract with the client. List FOUR benefits of a consensual agreement at the initial stage of the counselling process. (4 Marks)
3. Hassan, a beginner counsellor, is preparing all the necessary documents for his practice. Name FOUR essential documents required in every counselling session. (4 Marks)
4. Continuum of care involves continuous support and follow-up services at different stages of counselling. Give FOUR benefits of continuum of care for a client. (4 Marks)
5. After exploring a client's presenting and underlying issues, it is crucial for the therapist and client to develop a treatment plan. Mention FOUR advantages of treatment planning in a therapeutic relationship. (4 Marks)
6. Manene has been working in a counselling centre that specializes in debriefing, loss, grief, and trauma therapy. Lately, he feels overwhelmed and is considering quitting his job. Identify FOUR ways in which counsellor supervision can benefit Manene in his current situation. (4 Marks)
7. Kansime, a PP1 teacher, is concerned about her learners' ability to grasp new ideas, which she believes is a slow and draining process. Assist Kansime by stating the FOUR stages of cognitive development according to Jean Piaget's theory. (4 Marks)
8. Nana, a practising counsellor in the city, is worried because, after attending the first counselling session, all her clients request to terminate therapy. Outline FOUR possible reasons why her clients may be terminating their sessions prematurely. (4 Marks)
9. Clinical assessment refers to the methods or procedures employed by counsellors and psychologists to obtain valid data on various aspects of human behaviour. A counsellor

uses different methods to determine a client's issues. Indicate FOUR commonly used assessment methods in counselling. (4 Marks)

10. At the genital stage of development, an individual's focus shifts to new interests, desires, and ambitions. List FOUR developmental tasks that occur at this stage according to Sigmund Freud's psychosexual stages of development. (4 Marks)

**SECTION B: (60 MARKS)**

*Attempt any THREE questions in this section.*

11. Clara is preparing to establish a counselling group for individuals who have experienced emotional trauma.
- Discuss FIVE critical factors Clara should consider when forming the group to ensure its effectiveness. (10 Marks)
  - Evaluate FIVE strategies Clara can implement to establish a strong therapeutic relationship with group members in a counselling setting. (10 Marks)
12. As a newly appointed therapist at Pillars Counselling College, you are expected to deliver a presentation on the objectives of counselling during a staff meeting.
- Explain SIX fundamental goals of counselling that you intend to highlight in your presentation. (12 Marks)
  - Effective counselling requires a range of skills to support clients through the therapeutic process. Using a relevant example for each, describe how the following counselling skill categories are applied in practice: (8 Marks)
    - Attending skills
    - Supporting skills
    - Challenging skills
    - Core conditions
13. A competent and reflective counsellor trainee must acquire key competencies to enhance personal and professional development.
- Analyse FOUR essential components of the competent and reflective counsellor model that trainees are expected to develop by the end of their training. (8 Marks)
  - Therapeutic evaluation is a structured process designed to assess both the client's progress and the effectiveness of counselling interventions. Examine SIX reasons why conducting a therapeutic evaluation is necessary. (12 Marks)
14. Although counselling is typically voluntary, Richard, an employee at a private organisation, has been mandated to attend five counselling sessions due to significant behavioural concerns before returning to work.
- Describe FIVE types of mandated therapy commonly utilised in workplace or legal settings. (10 Marks)

- b) Assess FIVE termination approaches a counsellor may consider when concluding Richard's therapy sessions, ensuring a smooth transition. (10 Marks)