



AMREF INTERNATIONAL TRAINING CENTER

Qualification Code : 031306T4PSY
Qualification : Counselling psychology Level 6
Unit Code : PSY/OS/CO/CR/01/6/A
Unit of Competency : ASSESS THE CLIENT

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 **FOUR** 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 the questions in this section)

1. Identify four Paraphilic disorders as recorded in the DSM 5. (4 Marks)
2. Differentiate between screening and assessment. (4 Marks)
3. You have been practising as an assessment counsellor for the last six months. Highlight **four** factors that may motivate you to seek supervision services. (4 Marks)
4. You have been appointed as an assessment counsellor at the Huduma counselling centre. Identify **four** common disorders that you would like to observe among the youth in the counselling centre. (4 Marks)
5. Research on emotion has increased over the past two decades, with many fields contributing, including psychology. State **four** functions of emotions. (4 Marks)
6. Highlight **four** symptoms that may be observed in a client with bottled-up emotions. (4 Marks)
7. Define the following terms as used in counselling psychology.
 - a) Id (2 Marks)
 - b) Ego (2 Marks)
8. You have assessed John at Mwimuto Psychiatric Centre and have diagnosed him with Obsessive-compulsive personality disorder. Identify **four** symptoms that you could have observed. (4 Marks)
9. You are the Assessment counsellor for St. Patrick's psychiatric and mental health hospital. Mention **four** areas of functioning that you will focus on in determining the current functioning of your clients. (4 Marks)
10. In preparation for your daily activities as a competent and effective assessment counsellor you need to conduct assessment. Identify **four** documents that are essential to have before commencing the assessment process. (4 Marks)

SECTION B

ANSWER ANY THREE QUESTIONS IN THIS SECTION (60 MARKS)

11. Lawrence, a 52-year-old man has been married to his wife for 20 years. They have three children. Lawrence is an electrician who lives away from the family. He comes to the session after realizing a sexual dysfunction which has always made him fail to come home during the weekends for fear of criticism from his wife. He also reports that he has ever been imprisoned for having raped a five-year-old when he was a teenager, which makes him feel guilty sometimes, hating himself. During the clinical interview, you realize that Lawrence portrays several defence mechanisms, anxiety disorder symptoms and sexual dysfunction diagnostic features.
- a) Explain **four** sexual dysfunctions you are likely to realize in Lawrence's case above (8 Marks)
 - b) Discuss **six** defense mechanisms that would be exhibited by Lawrence (12 Marks)
12. The mental status examination (MSE) is a component of all medical exams and may be viewed as the psychological equivalent of the physical exam.
- a) Outline **five** assessment areas covered by the mental status examination. (10 Marks)
 - b) Explain the **five** stages of sleep. (10 Marks)
13. Sabina, a 16-year-old girl has been suspended from school due to gross misconduct. The teachers say that she fights her peers almost every day. She misses most of her lessons with no valid reason. Her parents report that even at home she is so deceitful and sometimes does not spend nights at home. Recently she was reported by a neighbor of stealing her husband's clothes. "The girl steals even what she can't personally use" Other social problems include fear of performing and eating in the presence of people. The girl had shown symptoms of neurodevelopmental disorders at early age. She has recently been having nightmares and disturbances in sleep. The school has referred her for assessment

- a) Describe the **four** psychosocial stages of development that Sabina has gone through. (8 Marks)
- b) Explain **six** abnormal behaviours that Sabina is suffering from. (12 Marks)
14. a).The assessment, like a regular counselling or psychotherapy session, is carried out in an empathic, safe and non-judgemental environment. Discuss **five** forms of assessment that can be conducted in assessment of clients. (10 Marks)
- b). Documentation is an important aspect in assessment. Discuss **five** elements that you will include in compiling an assessment report. (10 Marks)