

031306T4PSY

COUNSELLING PSYCHOLOGY LEVEL 6

PSY/OS/CO/CR/06/6

Provide Medical Conditions Counselling

March/April 2025



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

WRITTEN ASSESSMENT

Printed By: Amref International Training Center

Date: 26.03.2025 10:34 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. Medical conditions counselling plays a crucial role in addressing the psychological and emotional challenges faced by individuals diagnosed with various illnesses. Identify FOUR benefits of medical conditions counselling. (4 Marks)
2. Dementia is more prevalent among the elderly but can also occur at different stages of adulthood. State FOUR symptoms commonly experienced by individuals with dementia. (4 Marks)
3. Hypertension is a chronic medical condition characterized by elevated blood pressure levels, which increases the risk of cardiovascular complications. Identify FOUR risk factors that contribute to the development of hypertension in adults. (4 Marks)
4. Psychological assessment is essential in understanding the mental and emotional well-being of individuals with medical conditions. Indicate FOUR assessment tools that a counsellor may use in medical conditions counselling. (4 Marks)
5. Support groups for individuals living with HIV/AIDS contribute to improved health outcomes and overall well-being. Name FOUR categories of people who can provide psychosocial support to individuals with HIV/AIDS. (4 Marks)
6. There is a strong link between physical health conditions and mental health disorders. Provide TWO distinctions between health conditions and mental conditions. (4 Marks)
7. Referral is an essential part of medical conditions counselling, ensuring that clients receive specialized care when necessary. State FOUR situations that would necessitate a referral during medical conditions counselling. (4 Marks)
8. Personal therapy is an important component of a counsellor's professional development and self-care. Provide FOUR benefits of personal therapy for professionals in the counselling field. (4 Marks)
9. Medical conditions counselling can be emotionally demanding, requiring counsellors to take deliberate steps to maintain their well-being. Outline FOUR strategies a counsellor can use to safeguard their physical, emotional, and mental health. (4 Marks)
10. A treatment plan is a fundamental requirement in counselling, ensuring a structured and goal-oriented approach to therapy. Identify FOUR advantages of developing a treatment plan in medical conditions counselling. (4 Marks)

SECTION B: (60 MARKS)

Attempt any three questions in this section

11. James is a 30-year-old male who has recently been diagnosed with coronary heart disease. His doctor referred him to the hospital counsellor after noticing his reluctance to adhere to his medication. Following an assessment, the hospital counsellor diagnosed him with depression.
- a) Illustrate FOUR signs and symptoms that may have led the hospital counsellor to diagnose James with depression. (4 Marks)
 - b) Elaborate THREE counselling skills, as postulated by Carl Rogers, that would be essential in fostering an effective counsellor-client relationship in James' case. (6 Marks)
 - c) Explain FIVE coping strategies that James can implement to manage his depression effectively. (10 Marks)
12. The counselling process in medical conditions varies depending on whether a client seeks counselling independently or is referred by a medical professional.
- a) Explore FIVE stages of the counselling process that a counsellor should follow when working with individuals experiencing medical conditions. (10 Marks)
 - b) Discuss FIVE challenges that a counsellor may encounter in providing counselling for individuals with medical conditions. (10 Marks)
13. Asha has been diagnosed with stage four cancer, which has triggered psychosomatic symptoms, stress, and traumatic reactions. She has become highly irritable and avoids social interactions, despite her parents' unwavering support. The doctors managing her case have recommended counselling.
- a) Describe FIVE emotional reactions Asha may be experiencing following her cancer diagnosis. (10 Marks)
 - b) Discuss FIVE benefits Asha may derive from having a strong support system, as demonstrated by her parents. (10 Marks)
14. Sexual disorders significantly impact an individual's emotional, psychological, and relational well-being.
- a) Examine FIVE sexual disorders that commonly affect adults. (10 Marks)
 - b) Explain FIVE ethical principles that a counsellor should uphold when providing therapy to clients experiencing sexual disorders. (10 Marks)