



**AMREF INTERNATIONAL TRAINING CENTER**

**Qualification Code : 031306T4PSY**  
**Qualification : COUNSELLING PSYCHOLOGY LEVEL 6**  
**Unit Code : PSY/CU/CP/CC/O3/5**  
**Unit of Competency : COUNSELLING THEORIES AND TECHNIQUES**

**WRITTEN ASSESSMENT  
CANDIDATE TOOL  
TIME: 2 HOURS**

**INSTRUCTIONS TO CANDIDATES**

1. This paper consists of two sections: **A** and **B**.
2. You are provided with a separate answer booklet.
3. Marks for each question are as indicated.
4. 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.***

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| <b>SECTION</b> | <b>A:</b> | <b>(40</b> | <b>Marks)</b> |
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**Answer all the questions in this section. Marks are indicated in brackets**

1. Define the following terms :
  - a) Gestalt Therapy. (2 Marks)
  - b) Technical Eclecticism. (2 Marks)
2. At a community rehabilitation program, counselors report improved consistency in client outcomes when structured psychological frameworks are applied in sessions. State TWO goals of counselling theories. (2 Marks)
3. A counselling group focused on personal growth encourages participants to explore their feelings, strengths, and personal responsibility in decision-making. State TWO assumptions of humanistic counselling. (2 Marks)
4. At a behavioral therapy workshop, participants observe clients engaging in role-play, empty chair exercises, and awareness activities. Identify THREE techniques used in Gestalt therapy. (3 Marks)
5. In a case discussion at a mental health training workshop, trainees examine how unconscious experiences and internal conflicts shape adult behavior. Outline THREE key assumptions of psychodynamic theory. (3 Marks)
6. At a stress management clinic, a client reacts to emotional pressure by denying reality, blaming others, and retreating into childlike behavior. Identify THREE defense mechanisms demonstrated in this case. (3 Marks)
7. A counsellor is reviewing professional practice and emphasizes that no counselling approach fits all clients. State THREE factors considered when selecting a counselling theory. (3 Marks)
8. At a counselling ethics workshop at Training Centre P, trainees are reminded that professional practice must protect clients' rights, safety, and dignity at all times. State FOUR core ethical principles in counselling practice. (4 Marks)
9. At a community counselling practicum session, a supervisor reviews recorded counselling interactions and notes that some trainees are struggling to maintain effective helping relationships with clients. Identify FOUR common counselling skill errors that may be observed in counselling practice. (4 Marks)
10. In a counselling skills assessment setting, trainees are observed interacting with clients while communicating through both spoken and non-spoken behaviors that influence the helping relationship. Outline FOUR non-verbal communication skills used in counselling practice. (4 Marks)
11. In a counselling supervision meeting, practitioners review different methods used to help clients uncover unconscious thoughts and unresolved emotional conflicts that influence current behavior. Identify FOUR techniques used in psychodynamic counselling. (4 Marks)
12. In a professional development workshop, counsellors are reminded that different theories offer different ways of understanding human behavior. State FOUR roles of counselling theories in practice. (4 Marks)

**SECTION B: 60 MARKS**

**Answer Any Three Questions**

13. You are working in a community counselling program where counselling services are offered to individuals experiencing emotional, behavioral, and interpersonal challenges. The program relies on counselling theories to guide practice, decision-making, and client support across different cases.
- a) Discuss FIVE importance of counselling theories in guiding counselling practice in the program. (10 Marks)
  - b) Explain FIVE challenges that counsellors in the program are likely to experience when applying counselling theories in practice. (10 Marks)
14. Community Counselling Program S provides counselling services to clients presenting with diverse emotional and behavioral concerns. Client T has been referred for counselling, and the counselling process is expected to focus on strengths, solutions, and short-term goal attainment.
- a) Discuss FIVE techniques used in Solution-Focused Brief Therapy (SFBT) when working with Client T in Community Counselling Program S. (10 Marks)
  - b) Explain FIVE limitations of Solution-Focused Brief Therapy (SFBT) in counselling practice. (10 Marks)
15. Community Counselling Program R provides counselling services to clients presenting with diverse emotional and psychosocial concerns. Client S has been referred for counselling, and the counselling process requires adherence to professional ethical standards while applying appropriate counselling theories in practice.
- a) Discuss FIVE core ethical principles in counselling practice when working with Client S in Community Counselling Program R. (10 Marks)
  - b) Explain FIVE ethical challenges that counsellors may experience when applying counselling theories in counselling practice. (10 Marks)
16. Community Counselling Program M provides counselling services to clients presenting with diverse emotional, behavioral, and interpersonal concerns. Client P has been referred for counselling and requires appropriate theoretical understanding to guide assessment and intervention planning within the program.
- a) Explain FIVE major counselling theories that may be applied in working with Client P. (10 Marks)
  - b) Discuss FIVE factors that should be considered when selecting an appropriate counselling theory for the client. (10 Marks)