



AMREF INTERNATIONAL TRAINING CENTER

MODULE V

COUNSELLING LEVEL 6

HW/CU/CP/CR/07/6/MA

ADDICTION COUNSELLING

WRITTEN ASSESSMENT

Time: 2 HOURS

INSTRUCTIONS TO CANDIDATE

1. Marks for each question are indicated in the brackets.
2. The paper consists of **TWO** sections: **A** and **B**.
3. Candidates are provided with a separate answer booklet
4. **DO NOT** write on this 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)

Answer ALL questions in this section

1. Assessment is an important step in addiction counselling as it helps counsellors determine the nature and severity of substance use problems. State FOUR assessment tools used in addiction counselling to assess substance use problem. (4 Marks)
2. Counselling interventions are designed to support clients through the recovery process. Identify FOUR goals of drug addiction counselling. (4 Marks)
3. Professional practice in addiction counselling is guided by ethical principles and standards. Highlight FOUR benefits of upholding ethical principles and standards in addiction counselling. (4 Marks)
4. Addiction treatment programs may experience challenges related to client attendance and retention. Identify FOUR reasons why some individuals may avoid or drop out of addiction treatment programs. (4 Marks)
5. Supervision is an important component in supporting counsellors working in addiction treatment settings. Outline FOUR benefits of counsellor supervision for addiction counsellors. (4 Marks)
6. Substance use disorders are commonly associated with other psychological or psychiatric conditions. Mention FOUR commonly co-occurring mental disorders with substance use. (4 Marks)
7. Psychoeducation is an important intervention used in rehabilitation centers to strengthen recovery and prevent relapse. State FOUR topics you can psycho-educate recovering addicts in a rehabilitation center to support their recovery and sobriety journey. (4 Marks)
8. Evaluation enables counsellors to monitor client progress and determine the effectiveness of treatment interventions. Identify FOUR evaluation tools used in addiction counselling. (4 Marks)
9. Addiction counsellors may sometimes need to involve other professionals and services. Outline FOUR situations where client referral may be necessary. (4 Marks)
10. Drug use affects brain functioning by altering the activity of important chemical messengers in the nervous system. Mention FOUR neurotransmitters commonly affected by drug use. (4 Marks)

SECTION B: (60 MARKS)

Answer THREE Questions in this section

11. Addiction is a chronic condition that often follows a progressive pattern and requires structured interventions to support recovery and a relapse prevention plan to maintain long-term sobriety.
- a) Discuss the FIVE distinct stages in the addiction process. (10 Marks)
 - b) Explain FIVE factors that contribute to substance abuse. (10 marks)
12. Relapse is a common challenge in the addiction recovery process and may occur due to various factors. Counsellors therefore play an important role in helping clients understand relapse triggers and develop effective prevention strategies.
- a) Explore FIVE reasons why a relapse may occur in the addiction recovery journey in some clients. (10 marks)
 - b) Describe FIVE relapse prevention strategies. (10 Marks)
13. Drug abuse is influenced by various personal, social, and environmental factors, while group counselling is one of the commonly used interventions in addiction treatment but comes with certain limitations.
- a) Explain FIVE major factors that contribute to drug abuse among individuals. (10 Marks)
 - b) Discuss FIVE drawbacks of using group counselling in addiction treatment. (10 Marks)
14. A rehabilitation center has experienced several complaints relating to professional conduct, client management, and service delivery. The management has therefore organized a staff training program aimed at strengthening professional practice and improving the quality of addiction counselling services.
- a) Describe FIVE key ethical or legal principles that addiction counsellors must adhere to in their practice. (10 marks)
 - b) Discuss FIVE benefits of upholding ethical principles in addiction counselling. (10 marks)