



AMREF INTERNATIONAL TRAINING CENTER

Qualification Code : 031305T4PSY2
Qualification : Counselling Psychology Level 5
Unit Code : HE/CU/CPSY/CR/02/5/A
Unit of Competency : Provision Of Basic Counselling Services

WRITTEN ASSESSMENT

INSTRUCTIONS TO CANDIDATE

1. You have **THREE** hours to answer all the questions.
2. Marks for each question are indicated in the brackets.
3. The paper consists of **TWO** sections: A and B
4. Do not write on the question paper.
5. A separate answer booklet will be provided.

*This paper consists of **THREE (3)** 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 questions in this section

1. For a counselor to practice well he/she must have certain skills. Identify **three** skills used in the counseling process. (3 Marks)
2. To practice properly, a therapist must use some assessment tool. Name **four** psychological tools used in basic counseling services. (4 Marks)
3. The overall prevalence rate of Anxiety disorder in Kenya is about 21.52%. List **four** types of anxiety disorders. (4 Marks)
4. A staggering 1 out of 4 persons who seek healthcare in Kenya have a mental health condition. Outline **five** types of psychotic mental disorders likely to be presented. (5 Marks)
5. Counselling is a process that involves a trained counselor helping an individual to find ways to work through and understand their problems. Highlight **five** stages of the counseling process. (5 Marks)
6. Stress is a highly contributing factor to an individual's mental health condition. Name **five** stress-associated conditions. (5 Marks)
7. It takes someone to realize an individual needs counseling. Name **four** signs that indicate someone needs counseling. (4 Marks)
8. Confidentiality is a key principle in counseling. Highlight **four** grounds in which confidentiality can be broken. (4 Marks)
9. Research shows that treatment for mental illness works. Identify **three** ways in which mental disorders can be treated. (3 Marks)
10. You have been employed in a mental health center that provides a range of specialized services to patients with mood disorders. Name **three** types of mood disorders you are likely to deal with as a counselor. (3 Marks).

SECTION B (40 Marks)

Answer any two questions in this section each question is 20 Marks

11. A 20-year-old male was referred by a psychiatrist to the clinic for treatment. He was diagnosed with depression. Using the information above, answer the questions below;
 - a) Describe **four** symptoms of the depression that the client may have presented. (8 Marks)
 - b) Explain **three** risk factors for the depression. (6 Marks)

- c) Discuss the diagnostic criteria of the depression as per DSM V. (4 Marks)
- d) Explain **two** treatment methods of depression. (2 Marks)
12. A treatment plan is very important in offering basic counseling services.
- a) Discuss **five** major aspects to be considered in developing a treatment plan for a person with disabilities. (10 Marks)
- b) Explain **five** characteristics of an effective counselor. (10 Marks)
13. a) Various ethics are important when offering counseling to clients. Discuss **five** ethical principles that should be adhered to in counseling. (10 Marks)
- b). St. James Academy has recently experienced serious demonstrations from the students. The management has reported the cause to be a high level of drug abuse and coupling within the school. Explain **five** benefits of offering basic counseling services to secondary school students. (10 Marks)
14. Organization X has established a counseling office since its establishment and you have been hired as the institution counselor.
- a) Discuss **five** factors you will consider as a counselor when preparing a counseling venue for a client. (10 Marks)
- b) Explain **five** roles you would perform as a counselor during and after a counseling session with clients. (10 Marks)

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