

Printed By: Amref International Training Center

Date: 28.07.2025 08:07 AM

031306T4PSY

COUNSELLING PSYCHOLOGY LEVEL 6

PSY/OS/CO/CR/10/6

Provide Adolescent Counselling

July/August 2025

Printed By: Amref International Training Center

Date: 28.07.2025 08:07 AM



Amref International Training Center

28.07.2025 08:07 AM

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

WRITTEN ASSESSMENT

Printed By: Amref International Training Center

Date: 28.07.2025 08:07 AM

Time: 3 HOURS

Printed By: Amref International Training Center

Date: 28.07.2025 08:07 AM

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.

Printed By: Amref International Training Center

Date: 28.07.2025 08:07 AM

Printed By: Amref International Training Center

Date: 28.07.2025 08:07 AM

***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. Define the following terms as used in adolescent counselling:
Printed By: Amref International Training Center
Date: 28.07.2025 08:07 AM
- a) Identity vs. Role Confusion (2 Marks)
- b) Conjoint Counselling (2 Marks)
Printed By: Amref International Training Center
Date: 28.07.2025 08:07 AM
2. A counselling contract sets the foundation for effective adolescent counselling. Suggest FOUR components that should be included in a counselling contract when working with adolescent clients.
Printed By: Amref International Training Center
Date: 28.07.2025 08:07 AM (4 Marks)
3. A competent adolescent counsellor should conduct a proper assessment before beginning therapy. State FOUR purposes of carrying out an initial assessment in adolescent counselling. (4 Marks)
4. John, a 15-year-old student, is facing peer pressure from schoolmates who identify themselves as “town kids” while he comes from a rural background. Propose FOUR interventions you would apply in counselling to support John.
Printed By: Amref International Training Center
Date: 28.07.2025 08:07 AM (4 Marks)
5. Referrals are necessary when adolescent clients need services beyond the counsellor’s scope. Outline FIVE steps involved in making a referral for an adolescent client.
Printed By: Amref International Training Center
Date: 28.07.2025 08:07 AM (5 Marks)
6. Ethical practice builds trust in adolescent counselling. Provide FOUR examples of unethical behaviour that must be avoided when working with adolescents. (4 Marks)
Printed By: Amref International Training Center
Date: 28.07.2025 08:07 AM
7. According to Sigmund Freud, psychological and emotional effects of child abuse can result in maladaptive behaviours if unresolved. Mention FOUR common types of abuse experienced by adolescents.
Printed By: Amref International Training Center
Date: 28.07.2025 08:07 AM (4 Marks)
8. Career guidance plays an essential role in adolescent counselling. State and explain FOUR benefits of offering career guidance to adolescents.
Printed By: Amref International Training Center
Date: 28.07.2025 08:07 AM (4 Marks)
9. You have been assigned to facilitate life skills training at Moshi High School. List FOUR life skills topics you would include in your training sessions.
Printed By: Amref International Training Center
Date: 28.07.2025 08:07 AM (4 Marks)
10. The conclusion of counselling marks a step toward independence for adolescent clients. Describe THREE components to be included in a termination report. (3 Marks)

SECTION B: (60 MARKS)***Attempt ANY THREE Questions in this section.***

Printed By: Amref International Training Center

11. Jane, a 15-year-old junior student, has been referred to your counselling centre by her class teacher. Jane has been crying randomly, isolating herself, and avoiding social interaction over the past month.

Printed By: Amref International Training Center

Date: 28.07.2025 08:07 AM

- a) Analyse FIVE strategies you would use to build rapport with Jane during the initial sessions. (10 Marks)

- b) Examine FIVE challenges that may arise when building trust and confidentiality with Jane. (10 Marks)

Printed By: Amref International Training Center

Date: 28.07.2025 08:07 AM

12. Masha Academy, a boys' boarding school, has reported increasing cases of bullying and harassment. Uzuri, a 16-year-old boy, is among the students referred to you for counselling.

- a) Explore FIVE key areas to focus on when supporting Uzuri through counselling. (10 Marks)

Printed By: Amref International Training Center

Date: 28.07.2025 08:07 AM

- b) Present FIVE emotional reactions that may hinder Uzuri from effectively coping with bullying. (10 Marks)

13. Maladaptive behaviours in adolescents are sometimes linked to poor early attachment with caregivers. Parental or guardian involvement is important in supporting adolescent therapy.

Printed By: Amref International Training Center

Date: 28.07.2025 08:07 AM

- a) Describe FOUR ways parents or guardians can support adolescents during counselling. (8 Marks)

Printed By: Amref International Training Center

Date: 28.07.2025 08:07 AM

- b) Discuss SIX challenges that counsellors may encounter when engaging with parents or guardians of adolescent clients. (12 Marks)

Printed By: Amref International Training Center

Date: 28.07.2025 08:07 AM

14. Bowlby's Attachment Theory suggests that early bonds between children and their caregivers have lasting impacts.

Printed By: Amref International Training Center

Date: 28.07.2025 08:07 AM

- a) Define the term *attachment disorder* according to Bowlby's Theory. (2 Marks)

- b) Outline FOUR stages of attachment as described by Bowlby. (8 Marks)

- c) Demonstrate FIVE potential impacts of insecure or disrupted attachments in childhood. (10 Marks)

Printed By: Amref International Training Center

Date: 28.07.2025 08:07 AM