

031306T4PSY

COUNSELLING PSYCHOLOGY LEVEL 6

PSY/OS/CO/CR/11/6

Provide Special Needs and Disabilities Counselling

March/April 2025



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

WRITTEN ASSESSMENT

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Date: 24.03.2025 10:37 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 FIVE (5) 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. Depression is a common mental health issue among persons living with disabilities and special needs. At times, it goes undetected and may result in suicide. As such, counsellors need to conduct a thorough assessment of their clients.
 - a) Mention TWO signs of depression. (2 Marks)
 - b) Indicate TWO assessment tools that you could use to detect depression and suicide. (2 Marks)
2. The legal recognition of the third gender in Kenya and its inclusion in the last census was celebrated as a key milestone by intersex persons. Outline FOUR challenges that are faced by intersex persons. (4 Marks)
3. The overwhelming demands from clients and lack of supportive structures can significantly impact the effectiveness of special needs and disability counsellors. It is therefore crucial for such counsellors to recognize when they are experiencing burnout and take corrective measures. Give FOUR signs of counsellor burnout. (4 Marks)
4. The success of any Special Needs and Disabilities Counselling is highly dependent on the treatment plan. Provide FOUR justifications for developing a treatment plan. (4 Marks)
5. Counsellor Philip works in a Centre that serves persons with special needs and disabilities. Mention FOUR reasons that would necessitate Philip to make referrals for his clients. (4 Marks)
6. Person-Centered theory can be highly relevant and effective when providing special needs and disabilities counselling. Outline FOUR benefits of applying the person-centered theory during special needs counselling. (4 Marks)
7. Lisa was involved in a motor accident that necessitated the amputation of both limbs.
 - a) State TWO reasons why Lisa may require counselling. (2 Marks)
 - b) Indicate TWO tasks that Lisa's counsellor needs to perform to prepare for providing special needs and disabilities counselling. (2 Marks)
8. Counsellor Suzy has recently secured employment with Golden Eagles Home for the Elderly. State FOUR issues that her clients may present in therapy. (4 Marks)
9. Advocacy and client empowerment are effective tools in working with people with special needs. Identify FOUR roles of a counsellor in advocacy and client empowerment. (4 Marks)

10. David's son was recently diagnosed with Autism Spectrum Disorder (ASD). The assessment Centre has recommended family therapy for David and his family. Indicate FOUR reasons for such a recommendation. (4 Marks)

SECTION B (60 MARKS)*Attempt any three questions in this section*

11. Special needs and disabilities counsellors need to be well-grounded in theories, techniques, and skills of counselling for them to effectively discharge their responsibilities.
- Illustrate THREE skills that can be used during assessment. (6 Marks)
 - Justify the use of THREE Cognitive Behavioural techniques in helping clients with special needs. (6 Marks)
 - Discuss FOUR theoretical approaches that can be applied by a special needs and disabilities counsellor. (8 Marks)
12. Chris works as a counsellor with Wonder Kids, an international NGO that provides psychosocial support to children living with Cerebral Palsy and their caregivers. He often finds himself working with different service providers.
- Illustrate THREE general counselling goals that may guide Counsellor Chris. (6 Marks)
 - It is an essential requirement to involve caregivers of persons with cerebral palsy in the counselling process. Evaluate THREE reasons for involving caregivers of persons with special needs like cerebral palsy. (6 Marks)
 - Special needs and disabilities counsellors like Chris can benefit from attending regular supervision. Analyze FOUR benefits Chris would derive from supervision. (8 Marks)
13. Steve, a 24-year-old college graduate, has been referred by his father for counselling. His father is worried that Steve has been spending most of his time in his room and has frequent conflicts with others. He has turned down several invitations to participate in running the family business. When you eventually meet Steve, you learn that he lost his sight after consuming illicit brew laced with harmful chemicals. He talks about feeling lonely and doubts whether he will ever get employed or find a marriage partner. During your conversation, he expresses occasional interest in helping in the family business but admits that he lacks the energy to do so. Steve also confides that he does not think anybody would miss him if he died.
- Describe Steve's psychosocial developmental stage. (2 Marks)
 - Identify TWO mental health conditions that Steve could be struggling with. (4 Marks)
 - Elaborate THREE assessment tools that you may need to apply in the scenario above. (6 Marks)

- d) Evaluate FOUR benefits of working with clients like Steve in a support group. (8 Marks)

14. Diana is a special needs and disabilities counsellor at Talent Academy, an assessment Centre for special needs and disabilities. The agency works with schools to create awareness and ensure early identification of children with special needs. Diana is conducting a one-day workshop on Attention Deficit Hyperactive Disorder (ADHD). The objective of the workshop is to create awareness among parents and teachers to reduce stigma and encourage them to refer suspected cases for formal diagnosis and support.

- a) Explain TWO ADHD treatment approaches that Counsellor Diana can discuss. (4 Marks)
- b) Discuss TWO symptoms that would be exhibited by a child with ADHD. (4 Marks)
- c) Explore THREE benefits that parents and teachers can derive from obtaining a formal diagnosis for persons with ADHD. (6 Marks)
- d) Illustrate THREE benefits of client feedback in counselling. (6 Marks)