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031306T4PSY

COUNSELLING PSYCHOLOGY LEVEL 6

PSY/OS/CO/CR/09/6

Provide Child Counselling

November/December 2025

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

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WRITTEN ASSESSMENT

Time: 3 HOURS

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INSTRUCTIONS TO CANDIDATE

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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.

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This paper consists of FOUR (4) 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. Infants at birth rely entirely on reflex actions as their initial form of physical response to environmental stimuli. Identify FOUR reflexes commonly present in newborns. (4 Marks)
2. You have been invited to conduct a counselling session with Grade Three pupils at Malik Kindergarten. State FOUR objectives that would guide your interaction with the learners during the session. (4 Marks)
3. Supervision in counselling promotes growth, accountability, and continuous learning. Describe FOUR key responsibilities of a supervisee in a counsellor–supervisor relationship. (4 Marks)
4. According to Jean Piaget’s theory of cognitive development, children aged between two and four years operate within the pre-operational stage. Mention FOUR observable characteristics of children at this stage. (4 Marks)
5. Eight-year-old Amina has been attending counselling sessions after experiencing frequent nightmares and difficulty concentrating in school. As her counsellor, you realise that a structured treatment plan will be necessary. Discuss FOUR reasons for developing a treatment plan in child counselling. (4 Marks)
6. Twelve-year-old Sarah is in Grade Two at Wema Comprehensive School. Although she attends school regularly, her parents and teacher are worried about her academic progress. Identify FOUR indicators that could suggest Sarah is experiencing a learning disability. (4 Marks)
7. Maria’s parents enrolled her for counselling to help her adjust emotionally, but they have expressed concern about how the sessions are being conducted. Explain FOUR possible counselling malpractices they might have observed. (4 Marks)
8. Playgroup teachers are concerned about a pupil who displays distress when separated from the caregiver and avoids interaction with peers. Describe FOUR behavioural traits typical of a child exhibiting an anxious–avoidant attachment style. (4 Marks)
9. In a child counselling office, various materials and instruments are used to help children express their emotions freely. List FOUR assessment tools that may be found in such a counselling environment. (4 Marks)

10. In recent times, there has been a rise in suicide-related behaviour among preteens. The Child Suicide Risk Assessment (CSRA) tool is widely used to screen such cases. Indicate FOUR key areas assessed by this tool. (4 Marks)

SECTION B (60 MARKS)

Attempt Any THREE Questions in this Section

11. Ten-year-old Luke recently lost his parents and younger siblings in a tragic house fire. Though neighbours rescued him, he has since withdrawn from others, avoids conversation, and often sits quietly in isolation. At school, teachers have noticed him repeatedly drawing and erasing unusual figures in his books. His grandmother, now his caregiver, has made several attempts to engage him but with little success. When Luke is referred to a counsellor, the counsellor decides to introduce expressive art therapy.

- a) Briefly explain TWO important considerations a counsellor should understand before using art therapy with children. (4 Marks)

- b) Describe THREE types of creative arts that may be applied during expressive art therapy sessions with children. (6 Marks)

- c) Using Luke's case, analyse FIVE psychological effects of sudden traumatic loss on a child at his developmental stage. (10 Marks)

12. Counsellors working with children occasionally need to conclude sessions for various reasons such as progress, referral, or ethical concerns.

- a) Explain FIVE key steps a child counsellor should follow to terminate counselling sessions appropriately. (10 Marks)

- b) Considering how children process loss differently, discuss FIVE therapeutic approaches a counsellor could apply when working with Grade Three pupils at Bambini Kindergarten who recently lost a classmate to leukaemia.

(10 Marks)

13. As a child counsellor, you have been invited to a parental seminar to address challenges in raising toddlers and fostering healthy relationships.

- a) Explain FOUR main attachment styles that influence a child's emotional and social development. (8 Marks)

- b) Children sometimes develop unhelpful thought patterns that negatively affect their emotions and behaviour—for instance, fear of school, self-blame, or withdrawal after distressing experiences. Cognitive Behavioural

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Therapy (CBT) offers structured methods to help children identify and modify such patterns. Demonstrate SIX ways CBT principles can be applied in child psychotherapy (12 Marks)

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14. Children's emotional well-being is shaped not only by personal experiences but also by cultural influences, including family beliefs, community traditions, and language. Cultural awareness therefore enhances the effectiveness of counselling interventions.

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a) Discuss FIVE reasons why cultural awareness is essential when providing counselling to children from diverse backgrounds. (10 Marks)

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b) Counsellors who handle child cases are expected to engage in regular supervision to maintain professionalism and objectivity. Explain FIVE common challenges that child counsellors may present during supervision sessions. (10 Marks)

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