

031305T4PSY

COUNSELLING PSYCHOLOGY LEVEL 5

PSY/OS/CO/CR/02/5/A

Provide Basic Counselling Services

July /August 2023 series



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

WRITTEN ASSESSMENT

TIME: 3 HOURS

INSTRUCTIONS TO CANDIDATE

1. This paper consists of three sections: **A**, **B** and **C**.
2. Marks for each question are indicated in the brackets.
3. Write your responses in the separate answer booklet provided.
4. Do not write anything in this question booklet.

This paper consists of 8 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: (20 MARKS)

Answer ALL the questions in this section.

Each question in this section carries one mark

1. Counselling seeks to establish and develop a positive therapeutic relationship between the counsellor and the client. Which one of the following skills is NOT a relationship building variable?
 - A. Attractiveness
 - B. Trustworthiness
 - C. Concreteness
 - D. Expertness

2. According to Freud's Psycho-sexual theory of human development, _____ is the stage at which sexual energy/libido is directed to the genital.
 - A. Phallic Stage
 - B. Anal stage
 - C. Latency stage
 - D. Oral stage

3. _____ is the ethical principle that requires counsellors to be honest.
 - A. Autonomy
 - B. Fidelity
 - C. Beneficence
 - D. Veracity

4. The following are counselling requirements necessary when preparing to provide counselling services. Which one is NOT?
 - A. Consent form
 - B. Client intake form
 - C. Client assessment
 - D. Next of kin form

5. Identify one of the defense mechanisms below that best fits the description "... is a defense mechanism that involves channeling unwanted or unacceptable urges into an admissible or productive outlet"
 - A. Denial
 - B. Deflection
 - C. Retroflection

- D. Sublimation
6. At what stage in the counselling process is the cost benefit analysis strategy most applicable?
- A. Exploration stage
 - B. Action stage
 - C. Understanding stage
 - D. The transition stage
7. Identify one of the following that is NOT part of the quadrants of the self-concept
- A. Body Image
 - B. Blind spot
 - C. Self-image
 - D. Self esteem
8. Identify one of the circumstances below under which a counsellor is allowed to breach the principle of confidentiality
- A. When the client is not willing to be referred
 - B. When required by the law
 - C. When the client is sexually attracted to him/her
 - D. When the counsellor has an extroverted personality
9. Which one the following skills would be the best suitable for a group counsellor in managing a domineering group member?
- A. Linking
 - B. Drawing out
 - C. Cutting off
 - D. Use of Voice
10. Identify the most suitable technique to help a person who struggles with bitterness and anger towards other people, and was raised by toxic parents who were controlling, and emotionally abusive.
- A. Analysis of transference
 - B. Systematic desensitization
 - C. Modelling Training
 - D. Relaxation training
11. A _____ test is used by employers to assess a variety of a candidate's abilities in specific areas.
- A. Intelligence test

- B. Personality test
 - C. Aptitude test
 - D. Achievement tests
12. Lynn is a civil servant working for the government treasury and is stressed, frustrated and feels stagnated in life. She says that although she reports to work at 9am every day, she does nothing the whole day except gossip with her colleagues and browse the internet. What kind of stress is Lynn struggling with?
- A. Eustress
 - B. Hyper stress
 - C. Distress
 - D. Hypo-stress
13. The disputing process is a core component used to challenge and modify irrational beliefs. Which ONE of the following Ds is NOT part of the Disputing process in the REBT theory?
- A. Detect
 - B. Deter
 - C. Discriminate
 - D. Debate
14. A counselor's well-being is essential to perform their professional duties effectively. The following are signs of counselor burnout and impairment. Which one is NOT
- A. A busy professional and social life
 - B. An excessive preoccupation with money and being successful.
 - C. Poor health habits in the areas of nutrition and exercise
 - D. An absence of boundaries with clients
15. Leah is a counsellor supervisor. Today she supervised a counsellor who had just started a romantic relationship with her client, and she had to address that as an ethical issue. In doing so, Leah has performed the_____ function of supervision.
- A. Educative
 - B. Supportive
 - C. Formative
 - D. Administrative
16. Leonard is a 21-year-old young man who has been abusing drugs for the past 3 years and is thinking of suicide. He says that he is a good for nothing man whose life does not count and sees no reason to continue

existing. Which ONE of the following concepts of the person-centered theory is relevant in conceptualizing his problem?

- A. Organismic self
- B. The self-actualizing tendency
- C. The Locus of evaluation
- D. The Conditions of worth

17. Liam has been abusing alcohol for the past two years. One of the reasons why he keeps drinking even when he knows he should stop is that most of his friends drink, and it keeps him in touch with them. What contributes to the maintenance or perpetuation of the problem in Liam's life according to the Rational Emotive behavioural theory?

- A. Avoidance
- B. Blaming others
- C. Perceived Payoff
- D. Fear of fear

18. Sarah, a young professional, is attending a personal development workshop focused on improving self-awareness. Which of the following statements best explains ONE of the goals of the exercise 'The Johari's Window'?

- A. To make the unconscious conscious.
- B. To deal with negative beliefs.
- C. To create an opportunity for feedback.
- D. To deal with unfinished business.

19. Identify one of the following theories that belongs to the Trait Theories of personality

- A. The four temperaments
- B. Endomorphs
- C. The RIASEC test
- D. The big five personality

20. Jasmine is a counsellor who understands the importance of having the necessary resources to provide effective and quality counselling services to her clients. The following are resources required in provision of basic counselling services EXCEPT?

- A. Counselling venue
- B. Assessment tools

C. Counselling tools

D. Case studies

SECTION B: (40 MARKS)

Answer all the questions in this section

21. Malpractice issues in psychotherapy and psychological treatments refer to the unethical behaviour of a psychologist or psychotherapist toward the patient. Give any FOUR reasons for a Malpractice suit. (4Marks)
22. Guidance and counselling help to remove undesirable traits by recognizing one's talents and abilities and to develop an optimistic outlook. Highlight any FOUR ways in which Guidance is different from Counselling. (4 Marks)
23. Emily is an adorable 9-month-old baby who has just entered the infancy and early childhood stage. Identify any FOUR developmental tasks her parent would expect at this stage of life. (4 Marks)
24. Suicide has become rampant in many families in Kenya, worrying even to the government. State any FOUR factors that are important to consider while assessing for suicide. (4 Marks)
25. The self-knowledge gained through personal therapy is a vital tool for counsellors. Mention any FOUR important issues that should be addressed when a counsellor attends personal therapy. (4 Marks)
26. A counsellor needs to be equipped with soft (interpersonal) and hard (technical) attributes to effectively help their clients. Mention any FOUR attributes a counsellor needs to possess to counsel a client. (4 Marks]
27. Autonomy addresses the responsibility of the counsellor to encourage clients, to make their own decisions and to act on their own values. State FOUR ways in which the counsellor provides the client autonomy. (4 Marks)
28. Sexuality is a word used to talk about how we understand our bodies and how we understand our relationships. Identify any FOUR components of sexuality. (4 Marks)
29. Domestic violence is a pattern of abusive behaviour in any relationship that is used by one partner to gain or maintain power and control over the other. Outline any FOUR indicators of domestic violence. (4 Marks)
30. As Esther's counselling journey comes to a close, Peter, her counsellor, ensures that proper documentation is completed during the termination phase. Mention any FOUR reasons for documenting counselling services during termination. (4 Marks)

SECTION C: (40 MARKS)

Answer any TWO (2) questions in this section.

31. A group of people have been meeting regularly for several sessions to address their struggles with anxiety. They are now entering the transition stage of group counselling.
- a) Discuss FIVE major characteristics of the transition stage in group counselling. (10 Marks)
 - b) Group counselling offers several important benefits counselling. Explain any FIVE benefits of group counselling (10Marks)
32. James receives the news of his father's sudden passing while on duty. As his counsellor you remember having supported the old man on a mental health issue a while back, so you quickly refer to his records to check his last appointment. Meanwhile James is overwhelmed by a range of emotions such as sadness, anger, guilt, or regret. James's individual experience of grief is unique to himself.
- a) Discuss any FIVE determinants of grief. (10 Marks)
 - b) Record keeping in counselling is essential for several important reasons. Explain any FIVE disadvantages of record keeping in counselling. (10 Marks)
33. Gestalt therapy is a form of psychotherapy that focuses on a person's present life rather than delving into their past experiences.
- a) Discuss FIVE key concepts of Gestalt theory you would use (10 Marks)
 - b) Dr. Wambui is a gestalt psychologist who adheres to ethical principles in her professional practice. Explain any five ethical principles in counselling (10 Marks)