

**031306T4PSY**

**COUNSELLING PSYCHOLOGY LEVEL 6**

**PSY/OS/CO/CR/01/6**

**Assess the Client**

**July/August 2025**



**AMREF INTERNATIONAL TRAINING CENTER**

**CANDIDATE WRITTEN ASSESSMENT**

**Time: 3 HOURS**

**INSTRUCTIONS TO CANDIDATE**

1. Marks for each question are indicated in the brackets.
2. The paper consists of **TWO** sections: **A** and **B**.
3. Candidates are provided with a separate answer booklet
4. **DO NOT** write on this question paper.

**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)**

*Answer ALL the questions in this section.*

1. Define the following terms as used in Assess the client in counselling:
  - a) Client evaluation. (2 Marks)
  - b) Validity. (2 Marks)
2. A competent counsellor integrates theoretical perspectives in their practice. Outline TWO purposes of counselling theories as applied in client assessment. (2 Marks)
3. In our current society, sexual disorders are emerging as key disorders contributing to mental illnesses. State TWO sexual disorders that a counsellor can assess in a 45 years old male. (2 Marks)
4. Ability to accurately assess the client is considered a key competency for effective counselling. Present FOUR goals of assessment in counselling settings. (4 Marks)
5. Assessment in counselling sometimes can involve collaboration among a team of personnel. Outline FOUR groups of people who can be involved in carrying out psychological assessment in counselling. (4 Marks)
6. Comprehensive assessment of clients will require the counsellor to examine different areas of the client's functioning. Identify FOUR areas of client's functioning that a counsellor would focus on to ascertain their level of functioning. (4 Marks)
7. Psychological testing and assessment greatly inform practice in different contexts. Suggest THREE contexts/settings where psychological testing and assessment is applicable. (3 Marks)
8. Asha, a 19-year-old campus student was referred to you for clinical assessment. Her presenting issue was excess fear and dread of daily situations. Upon thorough assessment you conclude that she presents with a case of anxiety disorder. Enumerate FOUR types of anxiety disorders as outlined in the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5). (4 Marks)
9. An effective clinical assessor is familiar with appropriate documentation of her work. Highlight FOUR key information in a client intake form. (4 Marks)
10. Susan, a practicing counsellor for the last five years, emphasises the critical task that personal therapy has played in her personal and professional journey. Propose FOUR benefits of carrying out personal therapy. (4 Marks)

11. One of the major roles of a counsellor is to orient the client to counselling. Provide FIVE steps that should be followed to promote effective client orientation.

(5 Marks)

**SECTION B: 60 MARKS**

*Answer any THREE (3) questions in this section*

12. Counselling is a process. Termination and report writing are one of the stages in counselling. When approaching the end of a therapeutic relationship with a Post-Traumatic Stress Disorder client, counsellors need to process their own feelings and sense of loss to ensure the client is appropriately supported during termination.
- a) Describe FIVE things that a counsellor should consider before carrying out the termination with a PTSD patient. (10 Marks)
- b) Evaluate FIVE emotional reactions of a PTSD client before and after termination. (10 Marks)
13. Cate, a 22-years-old, has been referred to you for assessment by her college administrator due to concerns over unpredictable behaviours in the last two weeks. Cate reports feeling 'on top of things', overly happy and jumpy at one moment followed by episodes of sadness and lack of pleasure. Recently she has been seeking highly pleasurable activities and engaging in impulsive behaviours.
- a) Formulate a clinical diagnosis for Cate in the case above. (2 Marks)
- b) Provide TWO justification for the above diagnosis for Cate. (4 Marks)
- c) Break down THREE symptoms besides those highlighted in the case that can be manifestations of Cate's condition. (6 Marks)
- d) Evaluate FOUR methods of assessment that can be used to support the diagnosis for Cate. (8 Marks)
14. Peter is a survivor of sexual assault incident, during the initial assessment the counsellor realized that she had lost memory for what transpired during that fateful day. Lately, she has been experiencing sleep disturbances, which are significantly affecting her ability to attend daily activities.
- a) Examine FIVE ego defines mechanisms Peter may adopt as proposed by Sigmund Freud's theory. (10 Marks)
- b) Map out FIVE types of sleep disorders Peter may experience as outlined in the Diagnostic Statistical Manual (5) for Mental disorders. (10 Marks)

15. June, a counselling psychologist was summoned by the professional regulatory board due to unethical malpractice in clinical assessment. Among key concerns raised was his cultural insensitivity while handling clients from diverse cultures. It was recommended that to avert future cases of malpractices, June should seek clinical supervision as often.

a) Demonstrate FIVE ethical issues June needs to adhere to during clinical assessment.

(10 Marks)

b) Discuss FIVE roles of cultural competence in clinical assessment for June.

(10 Marks)

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