



AMREF INTERNATIONAL TRAINING CENTER

MODULE V

COUNSELLING LEVEL 6

HW/CU/CP/CR/06/6/MA

CHILD AND ADOLESCENT COUNSELLING

WRITTEN ASSESSMENT

TIME: 2 HOURS

INSTRUCTIONS TO CANDIDATES

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

Candidate should check the question paper to ascertain that all the pages are printed as indicated and that no questions are missing.

SECTION A: (40 MARKS)

Answer ALL questions in this section.

1. Adolescence is a stage marked by rapid physical, emotional, and social changes. State FOUR challenges commonly experienced during adolescence. (4 Marks)
2. Developmental stages influence how children think, behave, and relate with others. Identify FOUR stages of cognitive development according to Jean Piaget. (4 Marks)
3. Counsellors use different communication approaches when working with young clients. Outline FOUR counselling skills used in child and adolescent counselling. (4 Marks)
4. Children may demonstrate emotional distress through behavioural and social changes. Highlight FOUR signs that a child may require professional counselling services. (4 Marks)
5. Children and adolescents may communicate distress through emotional and behavioural symptoms. Mention FOUR signs of anxiety among children and adolescents. (4 Marks)
6. Ethical practice is important when counselling children and adolescents. State FOUR ethical considerations when working with minors in counselling. (4 Marks)
7. Assessment helps counsellors gather important information about the client's functioning and needs. Identify FOUR purposes of assessment in child and adolescent counselling. (4 Marks)
8. The family environment significantly influences child and adolescent behaviour. Mention FOUR effects of parental separation or conflict on adolescents. (4 Marks)
9. Group counselling is commonly used with adolescents in schools and community settings. Identify FOUR advantages of group counselling for adolescents. (4 Marks)
10. Referral is an important responsibility in child and adolescent counselling practice. State FOUR situations where referral may be necessary in child and adolescent counselling. (4 Marks)

SECTION B: (60 MARKS)

Answer THREE questions in this section.

11. You have been appointed as a counsellor in a children's home where some children display emotional difficulties, aggressive behaviour, and poor social relationships.
- a) Explain FIVE intervention strategies you would use when counselling such children. (10 Marks)
 - b) Discuss FIVE factors that may contribute to emotional and behavioural problems among children. (10 Marks)
12. Adolescents often experience peer pressure, identity confusion, and emotional stress during development.
- a) Discuss FIVE common mental health problems experienced by adolescents. (10 Marks)
 - b) Explain FIVE techniques counsellors can use to encourage adolescents to actively participate during counselling sessions. (10 Marks)
13. Parents and guardians play an important role in promoting positive outcomes during the counselling process for minors.
- a) Discuss FIVE ways parents or guardians can support children during counselling. (10 Marks)
 - b) Explain FIVE challenges counsellors may experience when working with parents or guardians. (10 Marks)
14. Personality development theories provide counsellors with insight into how childhood experiences shape behaviour and emotional adjustment.
- a) Describe the FIVE psychosexual stages of personality development according to Sigmund Freud. (10 Marks)
 - b) Discuss FIVE defense mechanisms proposed by Sigmund Freud. (10 Marks)