



Qualification Code: 031306T4PSY

Qualification : Counselling Psychology Level 6

Unit Code: HW/CU/CP/CR/08/6/MA

Unit of Competency : LOSS, GRIEF & BEREAVEMENT COUNSELLING

WRITTEN ASSESSMENT

CANDIDATE TOOL

DATE: 7TH AUGUST 2026

TIME: 2 HOURS START: 9AM FINISH: 11AM

INSTRUCTIONS TO CANDIDATES

1. This paper consists of two sections: **A** and **B**.
2. You are provided with a separate answer booklet.
3. Marks for each question are as indicated.
4. Do Not write on the 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:
 - a) Mourning (2 Marks)
 - b) Grief counselling (2 Marks)
2. A client has experienced the death of a spouse and is attending counselling sessions. Outline TWO behavior's that are likely to expressed the client. (2 Marks)
3. A young adult repeatedly recalls the circumstances surrounding a friend's death and struggles with focus. Identify TWO cognitive reactions that may occur in grief. (2 Marks)
4. You are attached to a community health center where a client recently lost a close family member and the client is resisting therapy. Identify THREE importances of grief counseling that you would Psycho-educate the client (3 Marks)
5. You visited Home V and observed a mother who lost her child six months ago showing unusual behaviors patterns. Mention THREE emotional manifestations of grief that you could assess. (3 Marks)
6. In Counselling Centre Y, the counsellor, Dr. K, is assessing a client who lost a spouse in a road accident and presents with emotional distress but struggles to explain their experiences clearly. Mention THREE Counseling skills that may be used to evaluate their grief. (3 Marks)
7. As part of your daily job routine, you are preparing a long-term counselling plan for a client who continues to experience intense grief after one year. You reflect on professional responsibilities. Mention THREE ethical considerations that should guide your assessment and intervention. (3 Marks)
8. Counsellor D is assessing Client M, a young man who lost a close friend and explains difficulties in managing emotional pain. Identify FOUR coping strategies the counsellor may explore in such a situation. (4 Marks)
9. You are facilitating a weekly bereavement support group at a community center where members regularly share experiences and encourage one another. Identify FOUR Challenges of group counselling in supporting individuals experiencing grief. (4 Marks)
10. A client who has lost several close relatives within a short period shows intense emotional distress despite previous counselling. State FOUR risk factors that may increase vulnerability to complicated grief. (4 Marks)
11. Differentiate between anticipatory loss and anticipatory grief. (4 Marks)
12. You are counselling Learner B who recently lost a close family member and is attending sessions to cope with the loss. Identify FOUR stages of loss according to Kübler-Ross that may be observed in this learner. (4 Marks)

SECTION B: 60 MARKS

Answer Any Three Questions

13. At Community Health Centre X, a 45-year-old man lost his spouse suddenly in a traffic accident. Since the death, he has struggled to return to work, avoids social gatherings, and reports feeling overwhelmed by memories of his spouse. His family has noticed he rarely eats properly, cries frequently, and seems irritable during conversations. As the attending grief counsellor, you are expected to assess his grief reactions and provide appropriate support.
- a) Discuss FIVE emotional or behavioral signs of complicated or pathological grief that may be present in this client. (10 Marks)
 - b) Describe FIVE counselling interventions or strategies you could use to support the client in adapting to life after the loss. (10 Marks)
14. Addiction is usually a very critical counseling issue to the client's dealing loss and grief. It is characterized by altered consciousness, reduced sensory awareness, and decreased responsiveness to daily activities
- a) Discuss FIVE stages of addiction. (10 Marks)
 - b) Discuss personal centered theory of counseling, show its key elements integrated in Grief counseling. (10 marks)
15. You are a school counsellor assigned to support a 16-year-old student who recently lost a close sibling in a road accident. Over several sessions, you observe that the student is withdrawn, struggles to concentrate on schoolwork, and avoids interactions with peers. The student also expresses feelings of guilt and hopelessness and reports frequent headaches and sleep disturbances.
- a) Discuss FIVE domains of grief reactions that may be observed in this student. (10 Marks)
 - b) Explain FIVE factors that could influence the intensity and expression of the student's grief. (10 Marks)
16. You are a community health counsellor assigned to support families affected by a sudden outbreak of a fatal illness in a semi-urban area. Several clients report emotional distress, social withdrawal, and difficulty resuming

normal daily routines. As part of your role, you are expected to provide professional guidance, emotional support, and facilitate coping strategies for these clients.

- a) Discuss FIVE key roles of a grief counsellor in this context. (10 Marks)
- b) Describe FIVE types loss and grief that are likely to be presented by the client. (10 Marks)

AMREF