



PAC INSTITUTE OF TECHNOLOGY AND SOCIAL STUDIES SEPTEMBER – DECEMBER 2024 ASSESSMENT

FORMATIVE ASSESSMENT

Qualification Code : 031306T4PSY
Qualification : COUNSELLING PSYCHOLOGY LEVEL 6
Code : PSY/OS/CO/CR/02/6
Unit of Competency : PROVIDE ADDICTIONS COUNSELLING SERVICES

WRITTEN ASSESSMENT TIME: 3 HOURS

INSTRUCTIONS TO THE CANDIDATE:

- 1. Read all the instructions carefully before attempting the questions.*
- 2. This paper consists of two sections, A & B.*
- 3. You are allowed 3 Hours to Answer the questions.*
- 4. Marks for each question are indicated in brackets.*
- 5. Write your responses in the Separate Answer booklet provided.*
- 6. Do not write anything on this question paper.*

SECTION A: (40 MARKS)

Answer ALL questions in this section.

1. Explain the following terms: (10 Marks)
 - a) Cross addiction
 - b) Tolerance
 - c) Withdrawal
 - d) Poly drug use
 - e) Detoxification
2. Drug and substance abuse poses serious health issues to an individual. Illustrate five relationships between substance addiction and HIV/AIDS (5 Marks)
3. You have been asked to psycho-educate students of Halli High school. Mention FOUR routes of drug administration (4 Marks)
4. Mention FOUR counselling skills of professional addictions counsellors (4 Marks)
5. Addictions is a brain disease. Outline any FOUR neurotransmitters (4 Marks)
6. Differentiate **Screening** from **Assessment** in addictions counselling (2 Marks)
7. Identify any three fluids associated with HIV transmission (3 Marks)
8. Psychologists are guided by a code of Ethics. Give FOUR forms of unethical behavior according to the counselor's code of ethics (4 Marks)
9. At some point, a counsellor may choose to refer a client in a Addiction for further support. Highlight FOUR reasons for referral. (4 Marks)

SECTION B: (60 MARKS)

*Answer any **THREE** questions in this section.*

Question 10.

- a. Describe five therapeutic techniques under Cognitive Behavioral therapy (CBT) that an addictions counsellor can apply in addiction counseling (10 Marks)
- b. Addiction can be broadly divided into two main types. With examples, Explain any five behavioral addictions (10 Marks)

Question 11.

- a. Jeff and his peers are in form one. They have recently been introduced to alcohol and Marijuana, describe the process /stages of addiction that Jeff and his peers are likely to go through (10 Marks)
- b. In the recent past, young people have been engaging in drugs and substance abuse. Explain five causes of addiction among the adolescents (10 Marks)

Question 12

- a. Discuss five reasons why family therapy is important in treating addictions (10 Marks)
- b. Discuss five services offered in a rehabilitation center (10 Mark)

Question 13

- a. Major Depressive Disorder (MDD) is one of the most common co-occurring disorders in addiction. State and explain its causes, diagnostic criteria and treatment (10 marks)
- b. Discuss the Ethical Principles in addiction counselling. (10 marks)