

031306T4PSY

COUNSELLING PSYCHOLOGY LEVEL 6

PSY/OS/CO/CR/01/6

Assess The Client

Nov/Dec 2024



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

**WRITTEN ASSESSMENT**

**TIME: 3 HOURS**

**INSTRUCTIONS TO CANDIDATE**

1. This paper consists of two sections: A and B
2. Answer **ALL** the question as guided in each section
3. Marks for each question are as indicated in the brackets
4. You are provided with a separate answer booklet to answer the questions
5. Do not write in 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 questions in this section**

1. The following terms are applicable in the process of counseling. Define the terms as used in counseling; (4 Marks)
  - i. Counseling standards
  - ii. Evaluation
2. Gathering of information from the client and other collaterals is crucial for effective treatment planning. State FOUR factors to consider when conducting client assessment. (4 Marks)
3. Termination is one of the counseling processes. Identify FOUR factors leading to termination of counseling session. (4 Marks)
4. Personality disorders may cause distorted perceptions of reality, abnormal behaviors and distress across various aspects of life. Name FOUR personality disorders. (4 Marks)
5. A counsellor should understand the client diagnostically and therapeutically. Mention FOUR assessment tools for mental disorders. (4 Marks)
6. The counselor has a responsibility to help the clients to come up with coping strategies of dealing with the hurt. State FOUR destructive ways of dealing with hurt. (4 Marks)
7. Errors in information processing hinder the effectiveness of its processing. List FOUR type of errors. (4 Marks)
8. People are grouped into four temperament types according to four humors. List the FOUR temperaments. (4 Marks)
9. Memory enables us to adapt to situations by letting us call on skills and information gained from our relevant past experiences. State FOUR types of memory. (4 Marks)
10. Psychology is the scientific study of behavior and mental processes of human beings and animals. State FOUR goals of studying Psychology. (4 Marks)

## SECTION B: (60 MARKS)

Answer any THREE questions from this section

11. Consciousness is being aware of one's own mental activity, including thoughts, feelings, sensations and the environment around us.
- a) Explain FOUR functions of consciousness. (8 Marks)
  - b) Joan is four years' old who has been experiencing sleep walks at around mid-night for two weeks now. Discuss FOUR stages of sleep. (8 Marks)
  - c) Sleep disorders affect our state of consciousness that enables us to be aware of our mental activities. Discuss TWO types of sleep-wake disorders. *in dream a sleep apnea* (4 Marks)
12. You have been seeing Anne and Bob for couple therapy for the last one month about their strained sexual relationship. Bob discloses to you during one-on-one separate session that actually he is aware of his sexual dysfunctionality but has never been diagnosed.
- a) Discuss FIVE types of sexual dysfunctionality you are likely to give information about. (10 Marks)
  - b) Explain FIVE ethical principles you will consider in counselor-assisted disclosure to Anne. *Fidelity, Justice, Beneficence, Mal-freience, Autonomy*. (10 Marks)
13. Sigmund Freud believed that human personality emerges due to a conflict between our aggressive and pleasure-seeking biological impulses. He proposed three structures which interact with each other.
- a) Discuss the three structures of personality. *id, Ego, superego* (6 Marks)
  - b) To defend or safeguard ourselves from the above conflicts we use techniques called defense mechanisms or adjustment mechanisms. Explain these SEVEN defense mechanisms *Repression, Displacement, Projection, Denial, Sublimation*. (14 Marks)
14. Margaret was trapped in a lift for eight hours when Mkulima building experienced power blackout. She has been going through therapy for a panic attack since the incident. Her therapist has realized that Margaret has also developed avoidant behavior of tall buildings.
- a) Describe FOUR physical symptoms Margaret is likely to experience. *disorientation, anxiety* (8 Marks)
  - b) Explain SIX coping strategies the therapist will use to help Margaret regain her normal functioning. (12 Marks)