



**PAC INSTITUTE OF TECHNOLOGY AND SOCIAL STUDIES
MAY-AUGUST 2025 ASSESSMENT**

FORMATIVE ASSESSMENT

Qualification Code : **031305T4PSY**

Qualification : **Counselling Psychology level 6**

Code : **PSY/CU/CO/CR/02/5/A**

Unit of Competency : **PROVISION OF COUNSELLING SERVICES
[JAN 2025]**

**WRITTEN ASSESSMENT
TIME: 3 HOURS**

INSTRUCTIONS TO THE CANDIDATE:

1. Read all the instructions carefully before attempting the questions.
2. Answer all questions in section A. In Section B, answer any Three questions.
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** the questions in this section.

Instruction: Respond to ALL questions in this section in the booklet provided.

1. Differentiate between rephrasing and restating in active listening (2 marks)
2. Counselling therapy is a voluntary relationship. Identify **THREE** situations where mandated counselling is applied. (3 Mark)
3. Rehema is undergoing a crisis in her life and is showing signs of distress, mention any **THREE** signs of emotional distress. (3 Marks)
4. Jack is worried that his family has a history of alcoholism and wants to know if he can become an addict. State any **THREE** reasons why the family history of a client in the collection of the bio-data is important. (3 Mark)
5. Jack is a counsellor who has unresolved issues with his family and has decided to take a break from practicing therapy. Outline any **THREE** forms of counter-transference in the counselling relationship (3 Marks)
6. Professionalism is expected of a counsellor. Name any **FOUR** counselling malpractices. (4 Mark)
7. Outline any **FIVE** characteristics of mal-adaptive behaviour in a client. (5 Marks)
8. According to the American Psychological Association (APA) counselling has ethical conditions to be observed. State any **THREE** ethical principles of counselling (3 Mark)
9. Mention **FIVE** stages on how you as the counsellor would successfully terminate a counselling therapy. (5 Marks)
10. Emma is a student counsellor and is preparing the counselling program for the school academic year. Name any **THREE** types of groups that she can use for counselling (3 Marks)
11. Carl Roger's Person-Centered Therapy proposed the characteristics of a counsellor. List **FIVE** qualities of an effective counsellor that he proposed. (5 marks)

SECTION B: (60 MARKS)

Instruction: Respond to ANY THREE questions in this section in the booklet provided.

12. *Patel, a construction worker raped the daughter of Kamau a client, while renovating their house. The client's daughter Wanjiku discovered she was pregnant, 2 months after the incident. She fears the child she will birth will be a half-cast and her family will not accept it since she did not report the rape. Wanjiku comes to you for help.*

- a. Discuss any **FIVE** therapeutic techniques you would use to help Wanjiku.

(10Marks)

- b. Explain any **FIVE** guidelines that may increase counsellor's effectiveness in multi-cultural counselling

(10 Marks)

13. Susan is scheduled to attend a counselling session with you for 50 minutes. Describe the stages of the counselling process, indicating the time you would allocate for each stage

(20 marks)

14. A counsellor after several therapy sessions with Madam Carol, decides to refer the client

- a. Explain any **FIVE** situations that would make referral of the client most appropriate

(10 marks)

- b. Discuss any **FIVE** ethical standards that a counsellor needs to uphold when making a referral.

(10 marks)

15. a. Kennedy's parents have sought the help of a counsellor claiming that the boy has become defiant and undisciplined. Kennedy has become rude, at times withdrawn or unwilling to do any chores at home Explain any **FIVE** types of clinical assessment that can be used to identify Kennedy's mal-adaptive behaviours.

(10 Marks)

- b. Discuss any **FIVE** questions the counsellor may ask Kennedy in therapy according to Solution Focused Brief Therapy

(10 Marks)