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

FORMATIVE ASSESSMENT

Qualification Code :**031305T4PSY**

Qualification : COUNSELLING PSYCHOLOGY LEVEL 5

Code **: PSY/CU/CO/CR/01/5/A**

Unit of Competency : **ASSESS THE CLIENT**

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 Question 11 (compulsory) and any other TWO 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 questions. Each question carries 4 marks.

1. Highlight **FOUR** key qualities of an assessment venue that ensure client comfort, confidentiality, and effectiveness in a counselling session. (4 marks)

2. List **FOUR** the purpose of client bio-data in the assessment process (4 marks)

3. Explain Four purpose of an intake interview (4 marks)

4. List **FOUR** assessment tools commonly used in client assessment and the purpose of each. (4 marks)

5. Identify **FOUR** active listening skills a counsellor should use during an assessment session and explain how each skill contributes to effective client engagement.(4 marks)

6. Outline **FOUR** purpose of an assessment contract (4 marks)

7. Discuss Four ethical principles essential in client assessment (4 marks)

8. Describe **FOUR** situations in which a counsellor might refer a client to another professional (4 marks)

9. Define the term "client assessment report" and outline two key elements that should be included in this report. (4 marks)

10. List **FOUR** types of feedback counselors may seek from clients to evaluate the effectiveness of an assessment session. (4 marks)

Section B: (60 Marks)

Answer Question 11 (compulsory) and any other TWO questions. Each question carries 20 marks.

Question 11 (Compulsory) - Case Study

During an intake session at a mental health center, you meet with Julie, a 32-year-old client dealing with high stress and symptoms of mild depression following a recent job loss and family

issues. Julie is hesitant to discuss her emotions and seems uncertain about the counselling process.

Questions:

1. Describe **THREE** assessment tools you could use to better understand Julie's mental state and how each tool would provide insight into her issues. (6 marks)

2. Explain **THREE** counselling skills you would use to help Julie feel more comfortable and open during the assessment session. (6 marks)

3. Discuss**THREE** types of feedback you could gather from Julie after the session to evaluate its effectiveness, and explain how each type of feedback could improve future sessions. (8 marks)

Question12

a. Discuss **FOUR** importance of active listening in client assessment how it contributes to building client trust and openness. (8 marks)

b. Explain **THREE** ways that using the skill of 'reflection of feelings' benefits the client during an assessment session, and provide examples for each. (6 marks)

c. Discuss **THREE** types of non-verbal communication skills that are essential in assessment, and discuss how each can impact the session. (6 marks)

Question13

a. Describe **FOUR** ethical considerations that are vital in client assessment practice and explain why each is important to the counsellor-client relationship. (8 marks)

b. Explain **THREE** potential challenges a counsellor might face in maintaining confidentiality and describe strategies for managing each challenge. (6 marks)

c. Discuss **THREE** legal responsibilities of a counsellor when conducting client assessments and how these responsibilities impact counselling practice. (6 marks)

Question14

a. Describe the three main stages in conducting a client assessment, and the primary goals of each stage. (9 marks)

b. Explain four skills a counsellor should use to encourage client engagement throughout the

assessment process. (8 marks)

c. List three ways in which client feedback can be used to improve future client assessments. (3 marks)