

031305T4PSY

COUNSELLING PSYCHOLOGY LEVEL 5

PSY/OS/CO/CR/02/5

Provide Basic Counselling Services

July/August 2024



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

WRITTEN ASSESSMENT

CANDIDATE'S TOOL

TIME: 3 HOURS

INSTRUCTIONS TO CANDIDATE

1. Marks for each question are indicated in the brackets ().
2. The paper consists of **TWO (2)** sections; **A** and **B**.
3. Do not write anything on the question paper
4. You are provided with a separate answer booklet.

This paper consists of (5) 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)**Attempt all questions in this section**

1. Cognitive Behavioural Therapy (CBT) offers a wide range of techniques, all aimed at a singular mission: reshaping self-defeating thoughts, managing overwhelming emotions, and transforming ineffective behaviours. Which techniques are represented by the statements below
 - a) _____ refers to learning to see thoughts as merely thoughts and to choose whether or not to engage with them. (2 Marks)
 - b) _____ is a technique that helps people gradually approach what they fear and would otherwise avoid. (2 Marks)
2. Elimu Counselling and Training Centre, where you work as a trainee counsellor, has been offering several short courses for its staff to improve their personal development. Identify any FOUR benefits of personal development for practising counsellors. (4 Marks)
3. Your supervisor has emphasized the significance of conducting assessments for your clients before starting the counselling process. List FOUR reasons for client assessment. (4 Marks)
4. At Furaha Counselling & Training Institute, the Lead counsellor has designated a room for counselling staff and clients from other organizations. List FOUR items that must be in that room. (4 Marks)
5. It is of great essence for a counsellor to develop skills that will enable them to communicate effectively with their clients. State FOUR effective communication skills that a counsellor needs to develop. (4 Marks)
6. Negotiating a contract is one of the responsibilities of a counsellor before providing counselling services. Name FOUR items that MUST be on the contract form. (4 Marks)
7. According to Sigmund Freud, defense mechanisms are psychological strategies employed by the unconscious mind to manipulate, deny, or distort reality to maintain a socially acceptable self-image. Based on your experience during counselling, which defense mechanisms are represented below?
 - a) _____ is ignoring the reality of a situation to avoid anxieties. It can involve not acknowledging the unpleasant truth or the consequences of that reality. (2 Marks)
 - b) _____ is a mechanism used in blocking from consciousness the disturbing or traumatic thoughts of an experience. (2 Marks)

8. A counselling treatment plan is a document that you create in collaboration with a client. It includes important details about the client. As a counsellor trainee preparing to develop a treatment plan, identify FOUR contents of a treatment plan. (4 Marks)
9. Supervision is a requirement for all practicing counsellors and there are different types of counsellor supervision. Define the following terms;
 - a) Peer supervision (2 Marks)
 - b) Group supervision (2 Marks)
10. Effective counselling relies greatly on counselling skills. In fact, these skills are what differentiate professional counselling from other helping professions. Attending is represented by the acronym SOLER. Write out the four letters of the acronym in full (4 Marks)

SECTION B: (60 MARKS)

*Answer any **THREE (3)** questions in this section.*

11. Masulupwete has been the lead counsellor at Kujaribu Counselling & Training Institute for the past six years. When you mention this institution, what comes to people's minds is the man Masulupwete. People say he is 'caring' and 'able' to manage people from different backgrounds. To him, the welfare of the client comes first. He ensures his counsellors attend regular supervision and short courses whenever possible. He listens to everyone's opinion, especially when it comes to decision-making on matters that may affect the students and employees under his supervision. Last week, he stopped a near-fight among a group of new students who could not agree with each other in class. He is soft-spoken yet firm.
- From the above write-up, discuss the FIVE qualities of Masulupwete that make him an effective leader. (10 Marks)
 - Describe the FIVE ethical counselling principles that Masulupwete seems to be guided by that make him an effective leader. (10 Marks)
12. Mboys completed high school two years ago. He scored good grades and was accepted to one of the local universities. When his friends were joining college, he deferred with the hope of joining an international basketball team and studying abroad. It has been two years now, and there is no opportunity in sight for Mboys. His friends have started their third year in college, and he has been waiting. Many people had promised to help, and now he is beginning to feel like he was lied to. He says, 'I am stressed.'
- If Mboys was your client, explain FIVE behavioural symptoms of emotional stress you would be looking out for. (10 Marks)
 - Discuss FOUR coping mechanisms for emotional stress that you would recommend for Mboys. (8 Marks)
 - There are several theories you can use to support Mboys. Which specific ONE theory would you use to help him move from irrational to rational thoughts? (2 Marks)
13. Some clients who are diagnosed with chronic illness benefit from a continuum of care.
- As a counsellor educating the families of these clients, explain five benefits of the continuum of care. (10 Marks)

- b) Explain FIVE benefits of psychoeducation offered to families and patients with chronic illnesses. (10 Marks)
14. Tuckman coined the five main stages in the process of group discussion, known as Tuckman's five stages of group development. These stages of group formation are meant to be followed in the exact sequence as they are written.
- a) Describe the FIVE stages of group formation. (10 Marks)
- b) The group therapist is the primary orchestrator of change within the group. While group members also exert an influence, it is the group therapist that creates the therapeutic climate and is responsible for focusing the group on to relevant tasks. Describe FIVE roles of a group therapist. (10 Marks)