



PAC INSTITUTE OF TECHNOLOGY AND SOCIAL STUDIES JANUARY – APRIL 2025 ASSESSMENT

FORMATIVE ASSESSMENT

Qualification Code : 031306T4PSY
Qualification : COUNSELLING PSYCHOLOGY LEVEL 6
Code : PSY/OS/CO/CR/10/6
Unit of Competency : PROVIDE COUNSELLING SERVICES

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 the questions in this section.

1. a) Define the term counselling (2marks)
b) State **THREE** goals of counselling clients (3 marks)
2. Explain the following concepts as used in Behavioural Approach
 - a) Operant Conditioning (2 marks).
 - b) Classical conditioning (2 marks)
3. Give **THREE** reasons why a theory is important in counselling. (3 marks)
4. Highlight **THREE** reasons why a counselling session should start with psychological testing and assessment (3 Marks)
5. a)) Define the term personal development. (2marks)
b) Identify **THREE** benefits of personal development to a student undertaking Counselling Psychology course. (3 marks)
6. Identify **FIVE** components of contracting in counselling practice (5 marks)
7. Counselling is a process that involves three different stages. Explain **THREE** aims of Counselling during the Action stage (3 marks)
8. Outline **FOUR** factors that counsellors may consider when making a decision to refer clients (4marks)
9. Outline **FOUR** circumstances under which a counsellor may refer a client to another professional (4 Marks)
10. Identify **FOUR** issues taken for counselling (4marks)

SECTION B: (60 MARKS)

Answer ANY THREE questions from this section.

11. Tasha is a 50-year-old mother of 2 children, married for 25 years and a nurse working in a public hospital. She is very active in the community and has a leadership position in her local church. Her husband works at a tea factory and has a decent income, yet money always seems to be a challenge. Tasha is always quarrelling with her husband for not providing them a good life that she thinks they should live. She feels that her children should enrol into expensive private schools just like her neighbours' children. Three weeks ago, they engaged in a physical fight with her husband and their parents helped in resolving their conflict. She is not sleeping well; she feels that she is not a good mother to her children. She has come for therapy to seek a therapist opinion on how she can work on her marriage and manage her issues.

Using the above case study; answer the following questions:

- a) State the developmental stage that Tasha is in according to Erik Erikson Psychosocial Development (2 marks)
 - b) Highlight **THREE** presenting issues in Tasha's case (3 marks)
 - c) Identify **FIVE** therapeutic goals you would have for Tasha (5 marks)
 - d) Explain **FIVE** counselling techniques you may use to counsel Tasha (10 marks)
12. a) Carl Rogers, in his Person-centred theory, identified key factors that stimulate growth within an individual. Explain five necessary conditions required for therapeutic change according to Carl Rogers (10 marks)
- b) Draw and label the model of a competent and reflective counsellor (10 marks)
13. a) Defence mechanisms are behaviors people use to separate themselves from unpleasant events, actions or thoughts. Giving examples, explain **FIVE** ego Defence mechanisms according to Sigmund Freud. (10 Marks)
- b) Explain any **Five** skills used in counselling (10 Marks)

14. a) You have been invited by a managing director of a local Sacco in Kenya to help them set up counselling room. Explain five areas of consideration in setting up such a room.

(10marks)

b) In counselling, relationships take on a more specific meaning. Explain **FIVE** ways a counsellor may build a good therapeutic rapport with the client.

(10marks)