

031306T4 PSY

COUNSELLING PSYCHOLOGY LEVEL 6

PSY/OS/CO/CR/02/06

Provide Counselling Services

July /August 2025



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

PRACTICAL ASSESSMENT

INSTRUCTIONS TO THE ASSESSOR

1. You Assess the candidate as the practical progresses observing the critical areas
2. You are required to mark the practical as the candidate perform the tasks
3. You are required to take video clips at critical points
4. Ensure the candidate has a name tag and registration code at the back and front

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• Occupation • Contacts • Physical address • No. of children • Education background • Family background • Medical history <i>(Award 2 marks if data was obtained or 0 if not obtained)</i>			
6. Provided basic counselling according to presenting issues, assessment outcomes and counselling standards: • Identified 2 presenting issues: ✓ Job loss ✓ Breakup with long-term partner ✓ Symptoms of depression (sadness, tearfulness, low motivation) ✓ Anxiety and fear of the future ✓ Financial insecurity ✓ Difficulty sleeping ✓ Guilt and inadequacy as a parent <i>(Award 1 mark each for any 2 identified issues)</i> • Identified 2 underlying issues: ✓ Low self-esteem ✓ Unresolved emotional trauma ✓ Poor coping mechanisms (emotional dependence, unhealthy relationships) ✓ Lack of social support ✓ Maladaptive attachment patterns ✓ Feelings of shame and worthlessness <i>(Award 1 mark each for any 2 identified issues)</i> • Asked relevant questions ✓ Open-ended ✓ Probing <i>(Award 2 marks each for any 1 question asked)</i> • Developed counselling goals based on one of the identified presenting issues <i>(Assessor to ask the candidate)</i> ✓ 1 client's goal ✓ 1 counsellor's goal <i>(Award 1 mark each for any goal identified and 0 if none was identified)</i> • Used relevant counselling skills <i>(Assessor to observe)</i> ✓ SOLER ✓ Active listening	2 2 2 2 6		

✓ Minimal prompts ✓ Paraphrasing ✓ Questioning ✓ Summarizing <i>(Award 2 marks each for any 3 skills used)</i> *START* • Used counselling theories (<i>assessor to ask the candidate the theory applied, how the candidate applied the theory and the objective of the theory based on the client's issue</i>) • Applied relevant counselling theories based on the presenting issue: ✓ Cognitive Behavioural Therapy (CBT): Crisis Intervention Model ✓ Narrative Therapy ✓ Behavioural Therapy (TF-CBT) ✓ Solution-Focused Brief Therapy (SFBT): ✓ Person-Centered Therapy <i>(Award 2 marks each for any 2 theories applied or 0 if not applied)</i> *OR* • Appropriately administered any of the following tools (and provided an explanation for the use): ✓ Beck's Depression Inventory (BDI) ✓ Beck Anxiety Inventory (BAI) ✓ Rosenberg Self-Esteem Scale ✓ General Health Questionnaire (GHQ) ✓ Financial Stress Scale (FSS) <i>(Award 4 marks for any administered or 0 if not administered)</i> *END* • Applied relevant techniques, e.g. ✓ Here-and-Now Focus ✓ Empathy ✓ Genuineness ✓ Unconditional Positive Regard (UPR) ✓ Disputing Irrational Thoughts ✓ Assigning Homework Tasks <i>(Award 2 marks each for any 3 techniques applied or 0 if not applied)</i>	4		
6			
Sub-Total 2	26		

TASK 3: EVALUATE COUNSELLING SERVICES

7. Evaluated counselling according to counselling standards.

The client gave the following feedback:

- The counsellor built a working relationship
- The counsellor attended to them.
- The client felt supported and helped

(Award 1 mark for each feedback given or 0 if not given)

Evaluated by the Assessor.

Ask the candidate;

- 2 Areas of strength

(Award 1 mark for each strength given or 0 if not given)

- 2 Areas that need improvement

(Award 1 mark for each area of improvement given or 0 if not given)

Sub-Total 3

7

TASK 4: TERMINATE COUNSELLING SERVICES

8. Terminated the counselling session according to counselling standards.

- Terminated gradually
- Highlighted key issues
- Conducted appropriate referral / Booked the client for the next session based on the case. *(If referral is done, a filled referral form MUST be presented)*

(Award 2 marks for each item performed or 0 if not performed)

Sub-Total 4

6

TOTAL MARKS

54

ASSESMENT OUTCOMES

The candidate was found to be:

Competent

☐

Not yet competent

☐

(Please tick as appropriate)

(The candidate is competent if the candidate obtains at least 50%)

Feedback from candidate:

Feedback to candidate:

Candidate Signature

Date:

Assessor's Signature

Date