

092305T4SWC

SOCIAL WORK AND COMMUNITY DEVELOPMENT LEVEL 6

BUS/OS/SW/CC/03/6

PERFORM PSYCHOSOCIAL SUPPORT

JULY/AUG 2024



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

TIME:3 HOURS

INSTRUCTIONS TO CANDIDATE

1. This paper consists of two sections; **A** and **B**
2. Answer **ALL** the question as guided in each section
3. Marks for each question are as indicated in the brackets
4. You are provided with a separate answer booklet to answer the questions
5. Do not write in this question paper

This paper consists of THREE (3) 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)

Answer ALL questions in this section

1. Understanding the advantages of client centered theory can help highlight its effectiveness in promoting psychosocial wellbeing. Enumerate **FOUR** advantages of client centered theory. (4 Marks)
2. Blessed is a counselor who has been assisting clients recognize their talents and overcome past experiences. State **FOUR** counseling skills she uses to help her clients. (4 Marks)
3. Mr. T sought the services of a counselor to help him adjust to his life after losing his job, during the next session, he would be required to sign a contract with his counselor. State **FOUR** details of a counseling contract. (4 Marks)
4. Counselors don't work with clients forever but for a stipulated time within the contract signed. Analyze **THREE** roles of the counselor during the termination of a contract with the client. (3 Marks)
5. A counselor may refer a client to another counselor during the counseling session or before. Mention **FOUR** reasons why one would refer a client. (4 Marks)
6. Psychosocial support is often overlooked by members of the society who might not understand it. State **FOUR** benefits of psychosocial support in the society. (4 Marks)
7. As a counselor, the management of Daduu company has contracted you to advise them on how to build a healthy working environment which reduces stress for the members of the organization. State **THREE** ways in which the company would achieve this. (3 Marks)
8. Counselling is a process designed to help individuals enhance their wellbeing. Identify **THREE** challenges a client may face during the counselling process. (3 Marks)
9. There are several approaches that a counsellor may choose to utilize while working with clients. State **FOUR** reasons why a counsellor may adopt the humanistic approach during counselling process. (4 Marks)
10. Counselors keep different types of records of clients they are working with at a particular time. State **FOUR** types of client's records kept by counselors. (4 Marks)
11. Preparing a good counselling environment lays the necessary foundation for forming an alliance and building trust. State **THREE** ways a counsellor may ensure minimal destructions during a counselling session. (3 Marks)

SECTION B: (60 MARKS)*Question 12 is compulsory attempt ANY OTHER TWO questions***CASE STUDY**

12. Sarah is a 30-year-old woman who recently lost her job due to the company downsizing. She has been feeling overwhelmed, anxious, and hopeless about her future. She has neglected her personal hygiene as her self-esteem has declined. Sarah's relationships with her family, friends, church members, neighbors and the village women group have also been strained as she isolates herself more often. She struggles to sleep at night and experiences frequent panic attacks during the day. Sarah has never sought mental health support before but is now considering reaching out for help.
- Analyze **FOUR** psychosocial issues Sarah is facing. (8 Marks)
 - Identify **FOUR** informal support options available to Sarah. (8 Marks)
 - Identify **TWO** gaps that exist in service delivery for individuals like Sarah with mental health challenges. (4 Marks)
13. Safeguarding client's confidentiality during counselling is important because it builds and maintains trust and ensures open and honest communication from the clients. It also plays a major role in developing a rapport with the client.
- Explain **FIVE** ways of ensuring confidentiality of client's information. (10 Marks)
 - Explain **FIVE** ways of exploring client problems. (10 Marks)
14. Social workers take session notes at critical stages of psychosocial support i.e. when the client is narrating their experiences and during exploration of client problem. This helps the counsellor in finding the challenges of the client.
- Explain **FIVE** reasons for taking notes during these stages. (10 Marks)
 - Explain **FIVE** benefits of exploring client's problems during counselling. (10 Marks)
15. Client progress differs from one individual to another even if they underwent the same traumatic situation hence making it difficult for a social worker to place a timeframe for a client to show progress.
- Explain **SEVEN** progressive stages of clients during counselling. (14 Marks)
 - Explain **THREE** challenges that make a client go back to the old ways or the state they were before or relapse. (6 Marks)

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