

031306T4 PSY

COUNSELLING PSYCHOLOGY LEVEL 6

PSY/OS/CO/CR//02/06 /A

Provide Counselling Services

July/ August 2024 Series



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

CANDIDATE WRITTEN ASSESSMENT

TIME: 3 HOURS

INSTRUCTIONS TO CANDIDATES

1. This paper has two sections A and B.
2. You are provided with a separate answer booklet.
3. Marks for each question are as indicated.
4. Do not write on the question paper.

This paper consists of 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 the questions in this section.

1. A counsellor needs to be skilled in questioning techniques to identify the underlying issues in a client. Identify FOUR techniques of questioning that can be effectively used in counselling practice. (4 Marks)
2. Serenity Counselling Centre focuses on counselling young people. Name FOUR counselling tools you would expect to find in the counselling rooms (4 Marks)
3. Fritz Perls proposes five layers of neurosis that a client may manifest. Identify FOUR of the layers. (4 Marks)
4. State FOUR reasons why creating, maintaining and disseminating client records and documentation is key in the practice of counselling. (4 Marks)
5. Outline any FOUR reasons that would prompt a young adult in college to seek counselling services. (4 Marks)
6. You have established that your client Patricia has low self-worth and self-hate. Mention FOUR counselling theories that you would refer to for therapy when dealing with this case. (4 Marks)
7. Kisii County deployed counsellors to provide debriefing to clients. Mention FOUR instances where debriefing can be provided. (4 Marks)
8. Pater did not complete his counselling course, however he has opened an unregistered counselling office in his hometown. Identify FOUR counsellor malpractices that he is likely to commit in his practice. (4 Marks)
9. The university counsellor has observed a rise in drug and substance abuse among the staff members. As a response, she has chosen to organize a group counselling session. State FOUR disadvantages of group counselling in this situation. (4 Marks)
10. In the counselling profession, a logbook is a tool used to record counselling activities. List four important details that can be included in the logbook. (4 Marks)

SECTION B (60MARKS)

*Answer any **THREE** questions in this section.*

11. John, a 35-year-old man, seeks counselling because he feels overwhelmed by his job and is experiencing symptoms of burnout. He frequently works long hours and struggles to balance his work responsibilities with his personal life. John feels stressed, exhausted, and demotivated, and worries that his performance at work is negatively affected. Collins decides to use Solution focused brief therapy (SFBT) to counsel John.
 - a) Discuss SEVEN basic concepts of SFBT (14 Marks)
 - b) Describe any THREE steps Counsellor Collins will use in SFBT to conduct the counselling session (6 Marks)
12. Grounding and the “empty chair” technique, are commonly used in therapeutic interventions in counseling.
 - ✓a) Describe SIX situations where a counsellor may use the “empty chair” technique. (12 Marks)
 - b) Explain FOUR ways in which a counsellor can facilitate grounding during counselling (8 Marks)
13. Defense mechanisms are psychological strategies that individuals unconsciously use to protect themselves from unpleasant emotions, thoughts, or experiences.
 - ✓a) Describe any FIVE ego defense mechanisms that a client may use to deal with anxiety. (10 Marks)
 - ✓b) Understanding defense mechanisms can provide insight to clients in many ways. Argue FIVE reasons why defense mechanisms are important. (10 Marks)
14. Clinical supervision is a crucial aspect of professional development and support for counselors working in school settings.
 - a) Explain any FIVE reasons for supervision to a practicing counsellor. (10 Marks)
 - b) Identify FIVE areas the Supervisor will focus on during the supervision session with a school counselor (10 Marks)

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