



PAC INSTITUTE OF TECHNOLOGY AND SOCIAL STUDIES SEPTEMBER – DECEMBER 2024 ASSESSMENT

FORMATIVE ASSESSMENT

Qualification Code :
Qualification : COUNSELLING PSYCHOLOGY LEVEL 5
Code : PSY/CU/CO/CR/01/5/A
Unit of Competency : ASSESS THE CLIENT

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 questions. Each question carries 4 marks.

1. Describe four key qualities of an assessment venue that ensure client comfort, confidentiality, and effectiveness in a counselling session. (4 marks)
2. Define the purpose of client bio-data in the assessment process and list two types of information collected. (4 marks)
3. Explain the purpose of an intake interview and identify two types of data collected during this interview that inform the counselling process. (4 marks)
4. List four assessment tools commonly used in client assessment and briefly describe the purpose of each. (4 marks)
5. Identify four active listening skills a counsellor should use during an assessment session and explain how each skill contributes to effective client engagement. (4 marks)
6. Outline the purpose of an assessment contract and explain two critical components that should be included in it. (4 marks)
7. Discuss two ethical principles essential in client assessment and explain why each principle is important to the client-counsellor relationship. (4 marks)
8. Describe two situations in which a counsellor might refer a client to another professional and explain why such a referral may be necessary. (4 marks)
9. Define the term “client assessment report” and outline two key elements that should be included in this report. (4 marks)
10. List and explain two types of feedback counsellors may seek from clients to evaluate the effectiveness of an assessment session. (4 marks)

Section B: (60 Marks)

Answer Question 11 (compulsory) and any other TWO questions. Each question carries 20 marks.

Question 11 (Compulsory) - Case Study

During an intake session at a mental health center, you meet with Julie, a 32-year-old client dealing with high stress and symptoms of mild depression following a recent job loss and family issues. Julie is hesitant to discuss her emotions and seems uncertain about the counselling process.

Questions:

1. Identify three assessment tools you could use to better understand Julie's mental state and describe how each tool would provide insight into her issues. (6 marks)
2. List and explain three counselling skills you would use to help Julie feel more comfortable and open during the assessment session. (6 marks)
3. Discuss three types of feedback you could gather from Julie after the session to evaluate its effectiveness, and explain how each type of feedback could improve future sessions. (8 marks)

Question 12

- a. Discuss the importance of active listening in client assessment and explain how it contributes to building client trust and openness. Provide four benefits with examples. (8 marks)
- b. Explain three ways that using the skill of 'reflection of feelings' benefits the client during an assessment session, and provide examples for each. (6 marks)
- c. Identify and explain three types of non-verbal communication skills that are essential in assessment, and discuss how each can impact the session. (6 marks)

Question 13

- a. Describe four ethical considerations that are vital in client assessment practice and explain why each is important to the counsellor-client relationship. (8 marks)
- b. Explain three potential challenges a counsellor might face in maintaining confidentiality and describe strategies for managing each challenge. (6 marks)
- c. Outline three legal responsibilities of a counsellor when conducting client assessments and discuss how these responsibilities impact counselling practice. (6 marks)

Question 14

- a. Describe the three main stages in conducting a client assessment, and explain the primary goals of each stage. (9 marks)
- b. Identify and explain four skills a counsellor should use to encourage client engagement throughout the assessment process. Provide examples of how each skill can be applied. (8 marks)
- c. List three ways in which client feedback can be used to improve future client assessments. (3 marks)