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COUNSELLING PSYCHOLOGY LEVEL 5

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PSY/OS/CO/CR/02/5

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Provide Basic Counselling Services

November /December 2025

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

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WRITTEN ASSESSMENT

TIME: 3 HOURS

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INSTRUCTIONS TO CANDIDATE

1. This paper consists of **TWO** sections: **A** and **B**.

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2. Answer **ALL** questions in section **A** and **ANY THREE (3)** questions in section **B**.

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3. Marks for each question are indicated in the brackets.

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4. Candidates are provided with a separate answer booklet

5. Do not write on the question paper.

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This paper consists of (4) 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)***Attempt ALL the questions in this section.***

1. Define the following terms as used in Provide Basic Counselling Services:

a) Counselling. (2 Marks)

b) Treatment plan. (2 Marks)

2. Counsellors may decide to refer their clients to another professional or facility. List FOUR circumstances that could warrant such referrals. (4 Marks)

3. Setting goals is considered a key undertaking in the counselling process. State FOUR reasons why establishing goals is beneficial in counselling practice. (4 Marks)

4. During the counselling process, specific skills are used to facilitate each phase of the process. Identify FOUR counselling skills relevant during the initial counselling phase. (4 Marks)

5. During a supervision forum with counsellor trainees, the supervisor was concerned about the many instances where the trainees had used advice-giving as part of their counselling interventions. Mention FOUR reasons why this approach may be considered inappropriate in counselling practice. (4 Marks)

6. Termination in counselling serves specific purposes that support counselling goals. State FOUR goals of termination in a counselling session. (4 Marks)

7. Alaman, a 15-year-old student, has recently started attending counselling sessions at his school after experiencing emotional withdrawal and academic stress. Based on this scenario, point out FOUR possible benefits Alaman might experience through counselling. (4 Marks)

8. Counselling theories offer valuable insights into how behaviours are acquired and modified. List FOUR key concepts in the psychoanalytic approach. (4 Marks)

9. Zared has indicated that as a beginning counsellor, she encountered difficulties in developing treatment plans for her clients. Outline FOUR challenges counsellors might face when developing a treatment plan. (4 Marks)

10. Groups will go through various stages of development as proposed by Tuckman's model. Describe FOUR features of the storming phase. (4 Marks)

SECTION B: (60 MARKS)***Attempt any THREE questions in this section***

11. Malik, a 10-year-old student, has been referred to the school counsellor due to escalating anxiety and disruptive behaviour in the classroom. His teacher observes that Malik becomes visibly anxious when asked to read aloud, often refusing to participate or leaving his seat. At home, his parents report that he avoids homework and frequently complains of stomachaches, particularly on school mornings. In counselling sessions, Malik reveals that he was ridiculed by peers the previous year after mispronouncing words during a reading activity. Since that incident, he has experienced physical symptoms of anxiety, such as a racing heartbeat, whenever he is called upon in class. He notes that when he refuses to read, the teacher typically moves on to another student, which he perceives as a relief.

- a) Elaborate FOUR presenting issues in the above case. (4 Marks)
- b) Examine THREE principles of behavioural learning that are applicable in the above case. (6 Marks)

c) Expound on FIVE behavioural techniques that can be used when counselling Malik. (10 Marks)

12. As part of a school-based intervention, Ridgeview High School is conducting group counselling for students facing various challenges. You've been asked to support the facilitation of these sessions.

- a) Explain FIVE advantages of group counselling that the students at Ridgeview stand to experience. (10 Marks)

- b) Analyze FIVE rights that the students are entitled to during the counselling process. (10 Marks)

13. Kanora, a novice counsellor under your mentorship, has approached you with a concern regarding one of her clients, Brian, a 22-year-old college student. She reports that during their third counselling session, Brian appeared noticeably withdrawn and hesitant. He expressed uncertainty about continuing the sessions and shared feelings of disappointment, stating that he had expected the counselling space to feel more open and emotionally safe.

- a) Analyze TWO core conditions employed in establishing a therapeutic relationship in counselling practice. (4 Marks)

- b) As Kanora's mentor, explain THREE ways in which she can provide constructive client feedback to address Brian's concerns. (6 Marks)

- c) Elaborate FIVE counselling skills that Kanora can apply to establish a relationship likely to be perceived as open and safe by Brian. (10 Marks)

14. Linda, a 28-year-old office worker, has been referred to counselling after experiencing ongoing anxiety related to her workload and fear of failure. She reports feeling tense, easily irritable, and often doubting her abilities. At home, Linda avoids social interactions because she worries about judgment from others. She seeks support to manage anxiety, improve confidence, and enhance her interpersonal relationships.

- a) Elaborate TWO issues that merit counselling in Linda's case. (4 Marks)

- b) Suggest THREE methods you would use to assess Linda's case effectively. (6 Marks)

- c) Explain FIVE counselling goals you would set with Linda to work towards.

(10 Marks)