



PAC INSTITUTE OF TECHNOLOGY AND SOCIAL STUDIES

JANUARY TO APRIL ASSESSMENT

FORMATIVE ASSESSMENT

Qualification : COUNSELLING PSYCHOLOGY LEVEL 6

Code : PSY/CU/CO/CR/06/6

Unit of Competency : MEDICAL CODITION COUNSELLING

WRITTEN ASSESSMENT

TIME: 3 HOURS

INSTRUCTIONS TO THE CANDIDATE:

- 1. Read all the instructions carefully before attempting the questions.*
- 2. This paper consists of two sections, A & B.*
- 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 (Answer all the questions in this section). 40 Marks

1. Define medical condition counselling and its primary objectives. (4 marks)
2. Highlight the role of a counsellor in managing chronic illnesses (4 marks)
3. What are the key components of an initial client assessment in medical condition counselling? (4 marks)
4. Taking client bio-data is very crucial in any counselling session ; List 5 information that should appear in clients intake form when contacting medical conditions counselling (5marks)
5. List 3 strategies which can be used to support a client experiencing anxiety related to their medical condition? (6marks)
6. Identify four barriers to effective communication in counselling and how to overcome them (8 marks)
7. Explain the importance of confidentiality in medical condition counselling (3 marks)
8. List three common counselling techniques used in medical condition counselling (6 marks).

SECTION B: Answer any 3 questions (60 Marks)

Number 1 is compulsory.

Question 9 : Case Study: Age: 30

Gender: Female

Occupation: Office Manager

Medical History: Diagnosed with Generalized Anxiety Disorder (GAD) two years ago. No significant physical health issues reported.

Presenting Problem:

Sarah presents with increased anxiety symptoms characterized by persistent worry, restlessness, and difficulty concentrating. She reports that her anxiety has worsened over the past month due to increased work pressure and personal relationship stressors. She often experiences physical symptoms such as headaches and stomachaches, which she attributes to her anxiety.

- a) What specific CBT techniques would you recommend for Sarah to help manage her anxiety symptoms effectively?
- b) How would you assess Sarah's progress throughout the treatment process, and what indicators would suggest that she is improving?

Question 10

- a) Discuss any 2 ethical considerations in medical condition counselling. (10 marks)
- b) Describe how a counsellor can support a client in managing pain associated with a medical condition. (10 marks)

Question 11

Depression is a mood disorder that affects many individuals around the

- a) Explain five signs and symptoms of depression. (10 marks)
- b) Discuss the effects of coronary heart disease on the client and family. (10 marks)

Question 12

Lifestyle adjustments are the standard first-line treatment for hypertension.

- a) Discuss how five lifestyle changes may help in treating hypertension. (10 marks)
- b) John suspects he might have HIV/AIDS; explain five steps he may take to address his concerns. (10 marks)