



**PAC INSTITUTE OF TECHNOLOGY AND SOCIAL STUDIES
MAY-AUGUST 2025 ASSESSMENT**

FORMATIVE ASSESSMENT

Qualification Code : **031305T4PSY**
Qualification : **Counselling Psychology level 6**
Code : **PSY/CU/CO/CR/02/5/A**
Unit of Competency : **PROVIDE ADDICTIONS COUNSELLING SERVICES**

**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 any Three 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 in this section.

1. List **FOUR** reasons that make termination of a therapeutic alliance important in addiction counselling? (4 Marks)
2. Identify **FOUR** situations that legally obligate therapists to break confidentiality in addiction counselling. (4 marks)
3. Identify any **FOUR** situations that would warrant application of challenging skills (4 marks)
4. Behavioural addiction is classified as any time that one loses control of their actions in order to engage in behaviours that result in brief feelings of happiness. List **FOUR** common behavioural addictions. (4 marks)
5. Mention any **four** items you may need in the bio-data of an addiction client. (4 marks)
6. Highlight **FOUR** components of a counselling contract during addiction counselling. (4 marks)
7. Some addiction clients have been known to commit suicide due to depression. One commonly used brief screening tool is the Columbia Suicide Screen. List **FOUR** areas this tool measures? (4 marks)
8. Name **FOUR** qualities of an effective addiction counsellor (4 marks)
9. Using examples, give **FOUR** reasons for developing a treatment plan in addiction counselling (4 marks)
10. Identify any **FOUR** situations when an addiction counsellor may refer a client to another counsellor (4 marks)

SECTION B: (60 MARKS)

Answer Any Three Questions

11.

Gift, the first-born son to Pastor James and Deaconess Lisa, was brilliant and scored 345 points out of 500 points after his KCPE exams. He joined a National Secondary school and started off very well. However, in form two, he was among the boys who organized a strike in school and was eventually suspended. After a short while his father realized that Gift was taking alcohol and smoking Marijuana. Pastor James got annoyed and chased Gift away from home. Deaconess Lisa, would secretly give money to Gift because she did not want him to “suffer” and also not to steal and embarrass the family. Gift complained that he was not loved by anyone in the family. Gift, 38 years old now, is single and cannot function without using alcohol and marijuana. When he has not used his drugs of choice, he suffers withdrawal symptoms that make him ill. He is HIV positive and has refused to take his Tuberculosis medication. He has threatened to commit suicide twice. His sister Chichi blames him for wasting the family’s resources and the current economic situation of the family.

- a). Discuss any FIVE effects of substance abuse on the family (10 marks)
- b). Identify Gift’s level of readiness to change (2 marks)
- c). Explain any FOUR things that happen at this level of readiness to change (8 marks)

12).

When a family member is struggling with substance abuse, he or she is supported by several relatives. There is a shift in the dynamics of the home once addiction comes in, and there are six dysfunctional roles that each family member plays to sustain balance and normalcy. Each role can give you a better look at how substance abuse affects the family.

Using examples, explain any FIVE of these dysfunctional roles (20 Marks)

13).

Motivational interviewing is a counselling approach designed to help people find the motivation to make a positive behaviour change. This client-cantered approach is particularly effective for people who have mixed feelings about changing their

behaviour. It's possible to experience to have conflicting desires, such as wanting to change your behaviour, for example quitting substance use, but also thinking that you're not ready to change your behaviour or stop using. The motivational interviewing approach holds that resolving this ambivalence can increase a person's motivation to change.

a). As an addiction counsellor, you are aware that each person's journey is different. Briefly explain any THREE principles that are applicable throughout the recovery process and are vital to establishing trust within the therapeutic relationship. (6 marks)

b) There are several reasons why motivational interviewing is a widely used form of mental health therapy for people with substance use disorders. Identify FIVE benefits of motivational interviewing. (5 marks)

c). Beneficiaries of motivational interviewing are Binge drinkers, especially young drinkers, who have been found to develop problems with attention and memory. Specifically, binge drinking among young people is linked with a thinning or reduction of areas of the brain that play a key role. State these FOUR areas. (4 marks)

d). Identify FIVE ways to avoid binge drinking (5 marks)

14)

During your counselling sessions, you are asked by your trainer to use the three stages of the counselling process by Gerard Egan.

a). Briefly explains what the THREE stages Egan's model contain. (6 marks)

b). List any SIX counselling skills used in addictions therapy (6 marks)

c) Carl Rogers hypothesised that if the client experienced 'core conditions' from the counsellor, a therapeutic relationship would develop and the process of therapeutic change would start. Explain these core conditions. (6 marks)

d). There are a number of situations when a client may benefit from gentle challenging. There are multiple skills from which a counsellor can choose when challenging a client. Identify any TWO challenging skills. (2 marks)