



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

FORMATIVE ASSESSMENT

Course : Counselling Psychology
Level : 5
Unit Code : PSY/OS/CO/CR/02/5/A
Unit of Competency : Provide Basic Counselling Service

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: (40 MARKS)

Attempt ALL questions in this section.

1. Counselling contracts essentially stipulate expectations of both the client and therapist by establishing better working boundaries. Highlight FOUR characteristics of a counselling contract. (4 Marks)
2. According to Sigmund Freud, defense mechanisms are psychological strategies employed by the unconscious mind to manipulate, deny, or distort reality to maintain a socially acceptable self-image. Based on your experience during counselling, which defense mechanisms are represented below?
 - a) _____ is ignoring the reality of a situation to avoid anxieties. It can involve not acknowledging the unpleasant truth or the consequences of that reality. (2 Marks)
 - b) _____ is a mechanism used in blocking from consciousness the disturbing or traumatic thoughts of an experience. (2 Marks)
3. Cognitive Behaviour Therapy (CBT) is an effective treatment approach for a range of mental and emotional health issues, including anxiety and depression. Mention FOUR key Issues to consider before choosing CBT as a counsellor. (4 Marks)
4. For a counselor to practice well he/she must have certain skills. Identify four skills used in the counseling process. (4 Marks).
5. Elimu Counselling and Training Centre, where you work as a trainee counsellor, has been offering several short courses for its staff to improve their personal development. Identify any FOUR benefits of personal development for practicing counsellors. (4 Marks)
6. Your supervisor has emphasized the significance of conducting assessments for your clients before starting the counselling process. List FOUR reasons for client assessment. (4 Marks)
7. Confidentiality is a key principle in counseling. Highlight four grounds in which confidentiality can be broken. (4 Marks).
8. You have been invited to Kiambu Institute to offer counselling services to a group of students who are survivors of a collapsed Hostel. Highlight FOUR factors to consider when preparing the counselling room. (4 Marks)
9. Making appropriate referrals is part of professional conduct for counselors in practice. State any FOUR reasons for client referral (4 Marks)
10. Counselling theories are important during the therapeutic relationship. State FOUR theories used in providing counselling to a client (4 Marks)

SECTION B: (60 MARKS)

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

11. a) Various ethics are important when offering counseling to clients. Discuss five ethical principles that should be adhered to in counseling. (10 Marks)
- b). St. Peters Academy has recently experienced serious demonstrations from the students. The management has reported the cause to be a high level of drug abuse and coupling within the school. Explain five benefits of offering basic counseling services to secondary school students. (10 Marks)
12. Pambazuko Enterprises has established a counseling office since its establishment and you have been hired as the institution counselor.
- a) Discuss five factors you will consider as a counselor when preparing a counseling venue for a client. (10 Marks)
- b) Explain five roles you would perform as a counselor during and after a counseling session with clients. (10 Marks)
13. Pablo completed high school two years ago. He scored good grades and was accepted to one of the local universities. When his friends were joining college, he deferred with the hope of joining an international basketball team and studying abroad. It has been two years now, and there is no opportunity in sight for Pablo. His friends have started their third year in college, and he has been waiting. Many people had promised to help, and now he is beginning to feel like he was lied to. He says, 'I am stressed.'
- a) If Pablo was your client, explain FIVE behavioral symptoms of emotional stress you would be looking out for. (10 Marks)
- b) Discuss FOUR coping mechanisms for emotional stress that you would recommend for Pablo. (8 Marks)
- c) There are several theories you can use to support Pablo. Which specific ONE theory would you use to help him move from irrational to rational thoughts? (2 Marks)
14. A 20-year-old male was referred by a psychiatrist to the clinic for treatment. He was diagnosed with depression. Using the information above, answer the questions below;
- a) Describe four symptoms of the depression that the client may have presented. (8 Marks)
- b) Explain three risk factors for the depression. (6 Marks)
- c) Discuss the diagnostic criteria of the depression as per DSM V. (4 Marks)
- d) Explain two treatment methods of depression. (2 Marks)