

031306T4 PSY

Counselling psychology Level 6

PSY/OS/CO/CR//02/06

Provide Counselling Services

Nov/Dec 2024



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

WRITTEN ASSESSMENT

TIME: 3 HOURS

INSTRUCTIONS TO CANDIDATES

1. The paper consists of **TWO** sections: A and B.
2. Marks for each question are indicated in the brackets.
3. Candidates are provided with a separate answer booklet
4. **DO NOT** write on this question paper.

*This paper consists of **THREE (3)** 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)

Answer ALL the questions in this section

1. Negotiating a counselling contract is a crucial step for the counselor and the client. State **FOUR** reasons for setting boundaries at the contractual stage in counselling. (4 Marks)
2. A counsellor may use clinical interviews to gather comprehensive information about the client's history in the assessment process. Identify **FOUR** types of clinical interviews (4 Marks)
3. Gregory a counsellor decides to use cognitive restructuring which is an aspect of Cognitive Behavioural Therapy (CBT). State **FOUR** components of the cognitive restructuring process. (4 Marks)
4. Goal setting is an important part of the counselling process that guides the therapy. State **FOUR** aspects of goal setting in the counselling process. (4 Marks)
5. Michael is counselling college student who is conflicted about his moral values and his sexuality. Identify **THREE** levels of Kohlberg's Theory of Moral Development that the counsellor can use. (3 Marks)
6. Clarissa has organised for a group counselling session with a group of clients who are in addiction. State **FIVE** challenges a counsellor may encounter during group counselling for clients who are in addiction. (5 Marks)
7. David and Susan have been in a client /counsellor relationship for the past year and both agree that Susan, the client, has made good progress and is ready to end therapy. Identify **FOUR** reasons for termination of therapy (4 Marks)
8. Continuum of care means offering coordinated health and support services at different stages of counselling therapy treatment. Identify **FOUR** components of continuum of care (4 Marks)
9. Jessica has been counselling Michael, for the past six months to address anxiety and academic stress. List **FOUR** important records she needs to maintain during her sessions (4 Marks)
10. Brians has continued with counselling his client who relocated to Europe using video calls and telephone. State **FOUR** legal issues on the use of technology for counselling (4 Marks)

SECTION B: (60 MARKS)

Answer any THREE questions in this section

11. Alex, a bank manager, has been attending counselling sessions with Laura, a counselor, for several months. Alex has been struggling with severe depression. Laura has identified that Alex would benefit from referral to psychiatrist for medication evaluation. Alex has however refused to be referred to a psychiatrist saying he is not mentally ill.
- a) Explain **FIVE** actions a counsellor can undertake when the client refuses to be referred (10 Marks)
 - b) Discuss **FIVE** other situations that require a counsellor to refer a client (10 Marks)
12. The counselling process is organized into several stages to enable a counsellor to address the client's concerns
- a) Describe **FIVE** stages of the counselling process that you would use during the first counselling session (10 Marks)
 - b) The counselling process requires the counsellor to use counselling skills. Explain **FIVE** major counselling skills a counsellor can use during the session (10 Marks)
13. Jackline got pregnant after being raped by an Asian contractor who was renovating their house. She fears her child who will be of mixed race, will be rejected by her family.
- a) Explain **FIVE** ways Jackline's counsellor would use to address her fears using Cognitive Behavioral therapy (CBT) (10 Marks)
 - b) Describe **FIVE** concepts outlined by the psychodynamic psychotherapy (10 Marks)
14. John has been employed by an organization as a counsellor however he finds that the counselling room is not up to the standard.
- a) Explain **FIVE** challenges that counsellors experience about the counselling rooms (10 Marks)
 - b) While working in the organization John finds that some clients are authorized to attend counselling. Discuss **FIVE** types of mandated therapy (10 Marks)

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