



**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 : **ASSESSMENT OF THE CLIENT
JAN 2025**

**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. Distinguish between a psychiatrist and a psychologist (4 marks)
2. The reasons for concluding counseling are as varied as the clients themselves. Sometimes these reasons are straightforward, and sometimes they are more complex. Give **four** reasons for termination of the counselling assessment (4 marks)
3. Counselors should keep records throughout the counseling relationship, including during termination and referral. Highlight **three** reasons for proper record keeping and documentation during counselling assessments. (3 marks)
4. Mention **four** circumstances under which the confidentiality of a client may be breached in assessment for counseling (4 marks)
5. Outline **four** issues discussed during client orientation in the assessment process. (4 marks)
6. Identify **three** primary parties involved in the assessment process? (3 marks)
7. Name **FOUR** criteria that a counsellor may use to identify psychological disturbance based on the Person-Centred theory. (4 marks)
8. Give **four** differences between screening and assessment (4 Marks)
9. State **FOUR** benefits of counselor supervision (4marks)
10. Highlight **FOUR** symptoms that may be observed in a client with bottled up emotions. (4 Marks)

SECTION B: (60 MARKS)

Attempt any THREE questions from this section. Each question carries equal marks)

11. *Mateo is 30 years old and works as a banker. He has been sent for help because he is hostile towards people at work including his bosses. Mateo has a long history of failed relationships; just like his own father. He dates for long but in the course of the relationship, he cheats, is controlling, and emotionally abusive to his partners. His last girlfriend dated him for 5 years when he was without a job. He lived in her house, and she took care of their expenditure even when they went out. When he finally got a job, he left her. He is currently dating someone else. He says it's nothing serious and that they are just 'passing time' because he has no intentions of getting married. However, he lied to the girl that they will settle down but that they should first get a child. When she became pregnant, he disappeared*

only to re-appear when the child was 2 months old. He keeps saying that he does not need anyone in his life; because the most important person to him died, who was his mother. Every time the girlfriend raises the issue of settling, he goes mute on her, or gives her a vague answer. He hates his father and will tell anyone who will listen. His reason for hating his father is that he “killed his mother”. Mateo’s mother died of depression after years of emotional abuse from his father; as well a constant string of affairs. His mother also spent her life re-paying his father’s debts, money which he had used on other women. He says that his father is evil and a liar. Interestingly, Mateo uses lies to evade responsibility as well. For example, he tells his girlfriend that he cannot go to see her family because his father told him not to call him unless he has enough money to go see her father; which is a lie.

- a) Identify the stage of psycho-sexual development Mateo is fixated at according to the psycho-analytic theory. (2 Marks)
- b) Citing **THREE** examples, justify your answer in (a) above. (6 Marks)
- c) State **ONE** cause of Mateo’s fixation, based on the above story. (2 Marks)
- d) Using the Psychoanalytic theory to assess Mateo, discuss **TWO** other concepts that can be used to describe his behavior. (4 Marks)
- e) Explain **THREE** psychoanalytic techniques that may be used to treat Mateo (6 Marks)

12. Clinical Supervision in counselling is when a professional counsellor uses the services of another more experienced counsellor to review the way they work with their clients. Explain a five benefits an assessor can derive from attending counsellor supervision (10marks)

b. A thirteen-year-old girl has been referred to your facility for psychological assessment after being sexually assaulted by people known to her. Discuss any Five psychological effects likely to be experienced by this girl as a result of the sexual assault. (10marks)

13. Research is continually proving that positive outcomes are less predicated on a certain type of therapy, as they are on the counselor’s ability to be enthusiastic, confident, and present a belief in the patient’s ability to change.

- a) Analyze five basic counseling skills a counselor need to possess (10 marks)
- b) Discuss five characteristics of an effective counselor- counselee relationship (10 marks)

14. Good counselling contracts, as well as the counselling process, should always be based

on good values, principles and personal moral qualities.

- a) Outline the four major proposed values of counselling and psychotherapy practice (8 marks)
- b) Explain six ethical principles of counselling (12 marks)