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**031305T4PSY**

**COUNSELLING PSYCHOLOGY LEVEL 5**

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**PSY/OS/CO/CR/01/5**

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**Assess The Client**

**November/December 2025**

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**TVET CURRICULUM DEVELOPMENT ASSESSMENT AND CERTIFICATION COUNCIL**

**WRITTEN ASSESSMENT**

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**TIME: 3 HOURS**

**INSTRUCTIONS TO CANDIDATE**

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1. This paper consists of **TWO** sections: **A** and **B**.
2. Answer **ALL** questions in section **A** and **ANY THREE** (3) questions in section **B**.
3. Marks for each question are indicated in the brackets.
4. Candidates are provided with a separate answer booklet.
5. Do not write on the question paper.

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**This paper consists of FIVE (5) printed pages.**

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**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)*****Attempt ALL questions in this section***

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1. Define the following terms as applied in Assess the Client:

a) Informed consent (2 marks)

b) Assessment (2 marks)

2. The exploration stage in counselling is important because it sets the foundation for understanding the client's concerns and building trust. State FOUR goals of the exploration stage in counselling. (4 marks)

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3. Tanasha, a new counsellor, is preparing to choose an assessment tool for her client. She wants to ensure that the tool she selects is effective and suitable for use. Identify FOUR characteristics of a good assessment tool that Tanasha should consider. (4 marks)
4. A counsellor's personal and professional qualities influence how well they carry out client assessments. Mention FOUR qualities that make a counsellor effective in the assessment process. (4 marks)

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5. Hellen, a counsellor at Wema Rehabilitation Facility, has finished assessing her client and is expected to prepare an assessment report for review. Outline FOUR key components that Hellen should include in the assessment report. (4 marks)

6. During counsellor training, the Johari Window Model is used to help counsellors improve self-awareness and interpersonal growth. Name FOUR quadrants of the Johari Window as used in counselling. (4 marks)

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7. At the start of counselling, a working contract is made to guide the helping relationship and clarify responsibilities. List FOUR key areas that a counselling contract should cover during the assessment stage. (4 marks)

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8. Assessment in counselling is carried out with specific objectives to help the counsellor and client understand the situation better. Explain FOUR main goals that assessment seeks to achieve in counselling practice. (4 marks)

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9. Ending an assessment session allows the counsellor and client to reflect on progress and plan the next steps. Give FOUR purposes of termination in an assessment session. (4 marks)

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**10. Counselling theories provide a framework that guides counsellors in collecting and interpreting client information. Describe FOUR ways in which counselling theories can guide the assessment process. (4 marks)**

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**SECTION B: (60 MARKS)*****Attempt any THREE questions in this section***

11. Sarah, a counsellor at a juvenile facility, has worked for five years with offenders struggling with trauma, anxiety, and family conflict. Recently, she has begun to feel emotionally drained, detached from her clients, and doubtful of her competence. Although she recognises these as possible signs of burnout, she avoids supervision for fear of being judged by colleagues.

a) Describe FIVE physical, emotional, and behavioural manifestations that may indicate Sarah is experiencing burnout as a counsellor. (10 marks)

b) Discuss FIVE ways in which ongoing counsellor supervision can assist Sarah in preventing or managing burnout and maintaining professional well-being. (10 marks)

12. Daniel, a 42-year-old teacher, has begun to question the meaning and impact of his life. He feels stuck in routine, withdraws from family activities, and spends most of his time alone. These changes have affected his motivation and self-esteem.

a) Illustrate FIVE ways knowledge of human growth and development can help a counsellor understand and assess Daniel's case effectively. (10 marks)

b) Analyse FIVE psychosocial challenges Daniel is likely to encounter at his current stage of development and their possible impact on his well-being. (10 marks)

13. Anne, a 45-year-old client, has sought counselling for prolonged stress and feelings of low self-worth. Her counsellor used a clinical interview and a standardised self-esteem inventory to assess her situation. The counsellor is now preparing a written report and plans to share feedback in the next session.

a) Outline FIVE essential elements that should be included in Anne's assessment report to ensure accuracy and professionalism. (10 marks)

b) Evaluate FIVE principles and communication strategies that a counsellor should apply when delivering assessment feedback to clients like Anne to promote positive engagement. (10 marks)

14. Jorum, an experienced counselling psychologist, believes that gathering information from multiple sources enhances the accuracy and depth of assessment. When working with adolescents, he uses various methods to obtain a comprehensive picture of their lives and concerns.

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- a) Identify FIVE sources of assessment data that Jorum can use to gain a holistic understanding of an adolescent client's situation. (10 marks)
- b) Discuss FIVE ethical principles that Jorum must adhere to while conducting assessments to ensure professional integrity and client safety. (10 marks)

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