



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

**FORMATIVE ASSESSMENT**

Qualifications : COUNSELLING PSYCHOLOGY

Code : PSY/0S/CO/CR/01/6

Unit of Competency : CLIENT -ASSESSMENT 2 [JAN 25 / SEPT 24]

**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. Explain the following terms as used in the client assessment;
  - a) Assessment (2marks)
  - b) Client referral (2 marks)
2. List FOUR Features of an effective Counselling Venue (4 Marks)
3. Sometime a counsellor may refer a client or terminate the counselling session before the time is over. List 4 reasons that may prompt a counsellor terminate the session with a client ;( 4 marks)
4. Outline FOUR symptoms of Anxiety. – (4 marks)
5. Highlight TWO Techniques that can be used in treatment of anxiety disorders (4 marks)
6. Explain TWO Ethical Principles of Counselling (4 marks)
7. Most counsellors use a Psychological test to assess a client. Outline FOUR characteristics of a good test. (4 Marks)
8. A counsellor should have a self- care strategy, outline any FOUR reasons of self- care for practicing counsellor (4 marks)
9. List down FOUR key information that should be picked by a counsellor during the intake session. (4 marks)
10. Mention FOUR ethical Considerations a Counsellor must observe (4 marks)

## SECTION B (60MARKS)

Attempt any three questions in this session

### Case Study:

**Background:** Sarah, a 29-year-old woman, has been experiencing increasing levels of anxiety and stress over the past six months. She works as a marketing manager at a high-pressure advertising agency. Sarah's workload has significantly increased, leading to long hours and little time for personal activities. She reports feeling overwhelmed, having difficulty sleeping, and experiencing frequent headaches. Sarah also mentions that she has been drinking more alcohol in the evenings to help her relax, which she realizes may be contributing to her health issues.

During the initial assessment session, Sarah expresses concerns about her job performance and fears that she might lose her position if her anxiety continues to impact her work. She also shares that she feels isolated, as she has little time to spend with friends and family. Sarah has no history of mental health issues but mentions that her mother struggled with anxiety and depression.

### Question 11

- a) Based on Sarah's case study, identify and explain three key areas that should be addressed during the assessment to develop an effective intervention plan.( 10 marks)
- b) Discuss the potential impact of Sarah's increased alcohol consumption on her mental and physical health and how the counselor can address this issue during the assessment process.(10 marks)

### Question 12:

A counselling contract is Avery fundamental document.

- a) Explain FIVE components of a contract form in a counselling. (10 marks)
- b) Describe FIVE key importance of a contract in counselling. (10 marks)

### Question 13:

Imagine you are assessing a new client who has been referred to counseling due to chronic stress and anxiety. The client reports feeling overwhelmed by their job and struggling to balance work and personal life. During the assessment, they mention that they have been experiencing difficulty sleeping, frequent headaches, and irritability. They also express concerns about their ability to manage their responsibilities and fear that their performance at work is suffering.

**a)** Describe the key areas you would focus on during the client assessment to understand the client's current situation. (8 marks)

**b)** Explain the importance of understanding the client's coping mechanisms and support system in developing an effective intervention plan. (6 marks)

**c)** Discuss how you would build rapport with the client and create a safe and supportive environment during the assessment process. (6 marks)

**Question 14:**

You are assessing a client who has recently experienced a significant life event, such as the loss of a loved one. The client reports feeling emotionally numb, having difficulty concentrating, and experiencing intense sadness. They mention that they have been avoiding social interactions and have lost interest in activities they once enjoyed. The client also shares that they have been relying on alcohol to cope with their emotions and have noticed a decline in their overall well-being.

**a)** Identify and describe the key components of a comprehensive assessment for this client, focusing on their mental health and coping strategies. (8 marks)

**b)** Discuss the potential risks associated with the client's increased alcohol consumption and how you would address this issue during the assessment. (6 marks)

**c)** Explain the importance of follow-up sessions and continuous support in the client's recovery process. (6 marks)