

092304T4SWC

SOCIAL WORK AND COMMUNITY DEVELOPMENT LEVEL 5

COD/OS/SW/CR/02/5/A

Perform Psycho Social Support

Nov/Dec 2023



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

WRITTEN ASSESSMENT

Time: 3 Hours

INSTRUCTIONS TO CANDIDATES

1. This paper has three sections **A**, **B** and **C**.
2. You are provided with a separate answer booklet.
3. Marks for each question are as indicated.
4. Do not write on the question paper.

This paper consists of 6 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: (20 Marks)

*Answer **all** questions in this section.*

Each question carries one Mark.

1. _____ contributes to the need for counseling.
 - A. Innovation
 - B. Performance of daily duties
 - C. Social and vocational mobility
 - D. Assessment of individual problems
2. Empathy, warmth and genuineness are three conditions of _____.
 - A. Solution application and termination
 - B. Establishing relationship
 - C. Problem identification and exploration
 - D. Plan for problem solving
3. The counselor should avoid the following EXCEPT?
 - A. Should not have any vested interest in counseling
 - B. Should not develop conflict with counselee
 - C. Be respectful and non-judgmental
 - D. Should not exploit the counselee for self interest
4. _____ is a type of records in counseling.
 - A. Counselee referral form
 - B. Discharge form
 - C. Outpatient form
 - D. Inpatient form
5. The exploration stage involves _____.
 - A. Assessing the counselee and bringing up challenging strategy
 - B. Termination of counseling
 - C. Evaluation of goals
 - D. Helping the counselee to talk about themselves in a focused way
6. _____ is a challenge in the counseling process.
 - A. Silent counselee
 - B. Differences in ethnic groups
 - C. Counselee talking too much
 - D. Cooperative counselee

7. The following are stages in developing a counseling program EXCEPT?
 - A. A human resource network needs to be put in place
 - B. Selecting a committee to coordinate the program
 - C. The needs for each group of the community members are not to be prioritized
 - D. Decide on a target audience for each need
8. Which of the following is NOT a challenge of counseling in the society?
 - A. Many people still think that counseling is made for mentally ill and depressed
 - B. Many people still don't view counseling as guidance or giving advice
 - C. People have not yet appreciated that counseling services need to be paid or
 - D. Counseling encourages individualism
9. _____ is a main benefit of ethics in counseling.
 - A. It provides a framework for counselors to consult when faced with ethical dilemma
 - B. They establish a framework within which malpractices can be identified
 - C. Ethics promote standards of practice and quality of service available to counselors
 - D. Ethics provides a mechanism for self-regulation
10. Which of the following is a technique of counseling?
 - A. Negotiation
 - B. Sympathy
 - C. Restructuring
 - D. Requisition of social skills
11. Marriage counseling consists of the following three areas EXCEPT?
 - A. Parenting skills
 - B. Early pregnancy
 - C. Working on trust issues
 - D. Resolving financial disputes
12. How should client records be stored?
 - A. On the office table
 - B. At the office reception
 - C. Use password protection and dedicated computer
 - D. In a non-lockable drawer
13. Which one of the following is a psychosocial need?
 - A. Safety

- B. Anxiety
 - C. Shelter
 - D. Fame
14. _____ should be included in a counseling contract.
- A. Developing the client's relationship
 - B. Interventions
 - C. Session duration, payment and frequency
 - D. None of the above
15. What should NOT be included in the referral letter?
- A. Marital status
 - B. Personal details of the client
 - C. The period you have been with the client
 - D. Reasons for referral
16. _____ is a documentation tool in counseling process.
- A. Counseling venue
 - B. Minutes
 - C. Review report
 - D. Files
17. Which of the following statements best summarizes the term counseling?
- A. Giving advice
 - B. A form of talk
 - C. Giving help
 - D. A form of talk therapy
18. A social worker's role in counseling include _____
- A. To engage into physical contact with the client
 - B. To provide information on the counseling services available
 - C. To sympathize with the client
 - D. To charge counseling fee
19. _____ should be included in the notes of a counseling session.
- A. Fee charged per session
 - B. Personal opinions of the therapist
 - C. Insurance details
 - D. Developments from the previous sessions
20. _____ is an essential skill in counseling.

- A. Attending
- B. Sympathy
- C. Interrupting
- D. Confidentiality

SECTION B: (40 Marks)

*Answer **all** questions in this section.*

21. Mention FOUR essential details included in counseling case notes. (4 Marks)
22. Effective therapy and quality counseling are all dependent on the relationship between the counselor and the client. Outline FOUR features of counseling. (4 Marks)
23. Counseling is a wide discipline with several branches and sub branches. State FOUR branches of psychology. (4 Marks)
24. Identify FIVE disadvantages of group counseling to clients. (5 Marks)
25. Distinguish between guidance and counseling. (2 Marks)
26. State FOUR types of counseling. (4 Marks)
27. Ethics in counseling protects both the counselor and their clients. Mention FOUR ethical issues in counseling. (4 Marks)
28. State FIVE roles of records in counseling. (5 Marks)
29. There are several triggers of stress in our day to day lives ranging from environmental factors to psychological factors. Highlight FOUR factors that led to the emergence of counseling in Kenya. (4 Marks)
30. Suggest FOUR circumstances under which a counselor may refer a client to another professional. (4 Marks)

SECTION C: (40 Marks)

*Answer any **two** questions from this section.*

31. There are several principles that guides the performance of counselors in their engagement with clients
- a) Explain the concept of confidentiality in counseling. (2 Marks)
 - b) Evaluate FOUR instances when confidentiality can be broken in counseling. (8 Marks)
 - c) Discuss FIVE principles of counseling. (10 Marks)
32. Counseling is a collaborative effort between the counselor and the client and aims at providing relief to clients' problems.
- a) Describe FIVE stages of the counseling process. (10 Marks)
 - b) Explain FIVE individual characteristics that influence effective listening during counseling. (10 Marks)
33. As a peer educator in your institution, you are tasked with the responsibility of providing a health talk to first year students.
- a) Analyze FIVE benefits of individual counseling that you will include in your talk. (10 Marks)
 - b) Explain FIVE qualities of an effective counselor. (10 Marks)