

092306T4SWC

SOCIAL WORK AND COMMUNITY DEVELOPMENT LEVEL 6

COD/OS/SW/CC/03/6/A

Perform Psycho Social Support

March/April 2025



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

**WRITTEN ASSESSMENT
Time: 3 HOURS**

INSTRUCTIONS TO CANDIDATE

1. This paper consists of **TWO** sections: **A** and **B**.
2. Attempt **ALL** questions in section A.
3. Attempt question **TWELVE** (12) and any other **TWO** (2) questions in section B.
4. Marks for each question are indicated in the brackets.
5. Candidates are provided with a separate answer booklet
6. Do not write on the question paper.

This paper consists of FOUR (4) 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)

Attempt ALL the questions in this section.

1. A healthy working environment is conducive during psycho-social support intake sessions. List FOUR ethical considerations when carrying out psycho-social support. (4 Marks)
2. Give THREE methods that you will use as a psycho-social support giver to create a comfortable environment for the client during counseling. (3 Marks)
3. A psychosocial support contract is a document that shows the extent of agreement between a client and a caregiver. State THREE components of a psycho-social support contract. (3 Marks)
4. During problem exploration, it is possible to encounter challenges from the client. Identify FOUR challenges that a client may face during this phase. (4 Marks)
5. Session notes are essential during interactions between a caregiver and a client. List FOUR significances of session notes. (4 Marks)
6. Theories are the basis of understanding Psychosocial support; they provide us with explanations of human behavior. Identify THREE counseling theories. (3 Marks)
7. A case plan is an outline of how FOUR significances of a case plan. (4 Marks)
8. Follow-up in psycho-social support can be met with various challenges. List FOUR solutions to the challenges in following up on clients. (4 Marks)
9. The client review stage involves various activities between the client and the psycho-social support giver. List FOUR of such activities. (4 Marks)
10. A client may offer the best solutions for the client action stage. State FOUR solutions that a client recovering from drugs and substance abuse may give in this stage. (4 Marks)
11. Termination in counseling involves coming to the end of clients' interactive sessions. Give THREE instances when termination of counseling services can occur. (3 Marks)

SECTION B (60 MARKS)

Attempt question 12(compulsory) and Any other TWO questions in This Section

12. Use the case study below to answer the questions.

Juhudi is currently a student in the field of social work at his college. He has recently received a diagnosis of anxiety disorder following an accident that resulted in the amputation of his lower limbs and a subsequent financial crisis, as he had to allocate a significant portion of his savings to cover medical expenses. During an interactive session, it became evident that Juhudi is grappling with feelings of fear, low self-esteem, anger issues, and unresolved childhood trauma. In my role as a psycho-social support provider, we collaboratively identified several coping strategies to assist him in managing his circumstances. These strategies include listening to music, enrolling in a health insurance plan, joining a support group, and scheduling additional therapeutic sessions. Throughout this session, Juhudi showed a sense of improvement and expressed his intent to embark on a new beginning. He affirmed his commitment to adhering to his medication regimen and requested a referral for reconstructive surgery to enhance his artificial limbs. He also similar challenges to foster motivation and elevate his self-esteem. By the time of his next appointment, Juhudi aims to have established contact with a health insurance provider to alleviate the financial burden of his medical expenses. Additionally, he plans to engage in activities that promote relaxation, such as watching cartoons and football within his community, whenever he experiences anxiety.

- a) Highlight FIVE presenting and underlying psychosocial support issues that Juhudi faces based on the narrative above. (5 Marks)
- b) Prepare a session note on the interactive session that you had with Juhudi citing the goals of the client and how he will achieve them. (10 Marks)
- c) List FIVE ways a counsellor may use to conduct climate setting during counselling sessions. (5 Marks)

13. The psychoanalytic theory by Sigmund Freud, is regarded as one that majorly contributed to understanding human behavior and as a result gives a set of explanations for a given phenomenon.

- a) Describe the psychoanalytic theory. (10 Marks)
- b) Discuss FIVE significances of counseling. (10 Marks)

14. A referral in counseling involves a counselor allowing another counselor to offer the same or even better services to the client. Hadi Mutinta a 28-year-old lady has been going through support for three months at the psycho-social support organization that you work for. As support has been going on, you realize that for the interest of the client, you should refer her.
- a) Explain FIVE reasons why a counselor would refer a client. (10 Marks)
 - b) Prepare a referral note for Hadi. (10 Marks)
15. Counseling records are documents that require safety in handling.
- a) Discuss FIVE ways through which a counselor can ensure that confidentiality of counseling documents is maintained. (10 Marks)
 - b) Explain FIVE instances where confidentiality may be breached when offering psycho-social support. (10 Marks)