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MODULE 1

SOCIAL WORK

HW/OS/SW/CR/04/5/MA

Printed By: Technical And Vocational College

Perform Psychosocial Support

Date: 24.11.2025 07:33 AM

November/ December 2025

Printed By: Technical And Vocational College Date: 24.11.2025

07:33 AM



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

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ASSESSMENT

INSTRUCTIONS TO CANDIDATE

TIME: 3 HOURS

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1. This paper consists of **TWO** sections: **A** and **B**.

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2. Attempt **ALL** questions in section A.

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3. Attempt question **ELEVEN** (11) and any other **TWO** (2) in section B.

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4. Marks for each question are indicated in the brackets.

5. Candidates are provided with a separate answer booklet

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6. Do not write on the question paper.

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This paper consists of FOUR (4) printed pages

Cand 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

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1. You are conducting a psychosocial assessment for a young adult with signs of social withdrawal. List FOUR ethical principles you must uphold during this assessment.

(4 marks)

2. You are developing a psychosocial support plan for a client recovering from trauma. Mention FOUR components of a psychosocial support contract.

(4 marks)

3. A client has agreed to begin psychosocial support sessions. List objectives you might include in the support plan.

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(4 marks)

4. You are preparing a psychosocial support setting for a client with anxiety. Highlight FOUR strategies to ensure the setting promotes safety and trust of your client

(4 marks)

5. During the third psychosocial support session, the client reveals new challenges. Mention FOUR ways to implement solutions within the existing support plan

(4 marks)

6. A client shows minimal progress after several sessions. Highlight FOUR steps you would take to adjust the psychosocial support plan

(4 marks)

7. You are documenting session notes for a client receiving psychosocial support. List FOUR key elements that must be included in these notes

(4 marks)

8. You are preparing to terminate a psychosocial support intervention. Highlight FOUR considerations that must be addressed during termination.

(4 marks)

9. A client is being referred to a specialized institution for further support. List FOUR steps you must take to ensure ethical and effective referral?

(4 marks)

10. You are completing an evaluation report for a psychosocial support intervention. Outline FOUR tools you would use to evaluate the outcome

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(4 marks)

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SECTION B: (60 MARKS)

Attempt question 11 and any TWO questions in this section

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11. Mary, a 32-year-old mother of two, lost her husband to a sudden illness six months ago.

Since then, she has been struggling emotionally and financially. She often reports feelings of hopelessness and avoidance from community activities, and sometimes neglects her children's emotional needs. Recently, her employer noticed a decline in her work performance and referred her to a social worker for psychosocial support.

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During the intake session, the social worker observed that Mary appeared anxious and avoided eye contact. She expressed feelings of loneliness, difficulty in sleeping, and constant worry about providing for her children. The social worker is now expected to conduct a psychosocial assessment in line with the ethical principles of psychosocial support, develop a support plan, and determine whether referral to specialized services is necessary.

a) Explain FIVE steps in the process of conducting a psychosocial assessment

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(10 marks)

b) Discuss FIVE ethical principles that must guide your assessment and how they influence client engagement.

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12. Brian, a 24-year-old university student, has recently been diagnosed with social withdrawal

and anxiety, prolonged academic pressure and family conflicts. He has become

increasingly isolated, avoids participating in class discussions, and reports frequent panic

attacks when interacting with peers. After referral from his counselor, Brian has

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agreed to begin psychosocial support sessions with a social worker to address his challenges and improve his social functioning.

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a) Describe FIVE components of a psychosocial support plan and how they align with Brian needs.

(10 marks)

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b) Explain the importance of contracting in psychosocial support and how it promotes accountability.

(10 marks)

13. Caroline, a 30-year-old client who has been receiving psychosocial support for anxiety, reports new challenges during the third session. She reveals on-going family conflict with her siblings over inheritance. These new issues are affecting her emotional stability, increasing her anxiety, and disrupting her coping progress. As the social worker, you must integrate these challenges into her existing psychosocial support plan while maintaining ethical documentation.

a) Discuss FIVE ways of identifying solutions within the existing psychosocial support plan.

(10 marks)

b) Explain FIVE roles of coded records in ethical

(10 marks)

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14. Peter, a 35-year-old client who has been receiving psychosocial support for depression, begins to show signs of severe mental health deterioration, including suicidal thoughts and episodes of aggression. As the social worker, you recognize that Peter's condition requires specialized psychiatric intervention beyond your scope of practice. You must initiate a

referral to a mental health institution while upholding ethical principles and maintaining professional boundaries.

a) Describe FIVE steps in the referral process

(10 marks)

b) Explain FIVE professional boundaries and unconditional positive regard that influence referral and follow-up.

(10 marks)