

031306T4PSY

COUNSELLING PSYCHOLOGY LEVEL 6

PSY/OS/CO/CR/08/6

Provide Addiction Counselling

March/April 2026



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

WRITTEN ASSESSMENT

Time: 2 HOURS

INSTRUCTIONS TO CANDIDATE

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

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. Explain the following terms as used in Provide Addiction Counselling;
 - a. Co-occurring disorders (2 marks)
 - b. Relapse prevention (2 marks)
2. Captain, an addiction counsellor is aware that treatment planning is a central component of professional addiction counselling practice. State FOUR areas that Captain must address when developing a treatment plan for a client with addiction. (4 marks)
3. Many clients who complete addiction treatment remain vulnerable to relapse if appropriate follow-up support is not provided. Suggest FOUR roles of aftercare in supporting long-term recovery from addiction. (4 marks)
4. Assessment in addiction counselling relies on the use of appropriate tools to gather accurate client information. Name FOUR assessment tools you are likely to use in addiction counselling. (4 marks)
5. The setting in which addiction counselling takes place plays a critical role in the therapeutic process. Identify FOUR benefits of setting up a conducive addiction counselling venue. (4 marks)
6. Clients presenting for addiction counselling may also exhibit symptoms of other psychological disorders. List FOUR Psychological disorders that may present alongside substance use disorders. (4 marks)
7. Accurate documentation is a professional and ethical requirement in addiction counselling practice. State FOUR benefits of maintaining records in addiction counselling practice. (4 marks)
8. Gratitude, a seasoned addiction counselor relies on specific clinical findings outlined in DSM-5-TR to make diagnosis in his practice. Mention FOUR assessment findings that would warrant a diagnosis of substance use disorder under DSM-5-TR. (4 marks)
9. During initial engagement, addiction counsellors gather essential information to guide assessment and intervention. List FOUR types of information collected during the intake process in addiction counselling. (4 marks)
10. Addiction counsellors in Kenya are observing a rise in youth clients presenting with substance-related challenges. Comment on FOUR common risk factors associated with the onset of addiction among youth populations in Kenya. (4 marks)

SECTION B:(60 MARKS)*Attempt ANY THREE Questions in this section.*

11. Evening, a 45-year-old man, has recently been admitted to Unity Hospital, an addiction and mental health clinic, after being diagnosed with substance use disorder. This is his first week in a structured treatment programme, and he has begun attending sessions with Earth, an addiction counsellor, as part of a multidisciplinary hospital team. During initial interactions with Earth, Evening reports emotional distress that affects his daily functioning and expresses uncertainty about the recovery process. He is currently undergoing assessment and orientation into treatment services.
- Analyze THREE ethical considerations that should guide an addiction counsellor when initiating treatment in a hospital setting. (6 marks)
 - Examine THREE effects of substance use that may be relevant to Evening's presentation at the start of treatment. (6 marks)
 - Discuss FOUR factors that may influence Evening's engagement in addiction treatment during the initial phase. (8 marks)
12. Tumaini Recovery Centre is a community-based rehabilitation facility providing addiction counselling services. Berlin, a 32-year-old woman enrolled at the centre for alcohol use disorder, has been in treatment for nine months following family and workplace concerns. She has participated in counselling and group sessions and is now approaching programme completion, with plans underway for termination and follow-up support.
- Expound on THREE considerations that should guide the termination process of Berlin's counselling services. (6 marks)
 - Discuss THREE theories of addiction that may be used to understand Berlin's alcohol use and recovery. (6 marks)
 - Explain FOUR elements of a continuum of care that may be recommended following Berlin's discharge from the centre. (8 marks)
13. Uhai Community Support Centre is an informal, community-based recovery initiative that provides follow-up counselling and peer support for individuals recovering from substance use disorders. April, a 38-year-old man, recently completed formal treatment for alcohol use disorder and is now attending services at the Centre as he reintegrates into his community. During sessions with his addiction counsellor, April reports encountering social and environmental challenges that may affect his recovery.

- a. Explore FIVE factors that may increase April 's risk of relapse during community reintegration. (10 marks)
 - b. Describe FIVE strategies that could be used to support relapse prevention in an informal community setting. (10 marks)
14. Pamoja Wellness Centre provides addiction counselling services within the Kakuma refugee camp. The Centre employs addiction counsellors with varying levels of training and experience who work as part of a multidisciplinary team. In the course of service delivery, the Centre engages in activities related to professional practice, staff support, and the maintenance of service quality.
- a. Identify FOUR reasons why continuous professional development is important for addiction counsellors working in community-based settings. (4 marks)
 - b. Explore FOUR competencies that enable addiction counsellors to work effectively with other professionals at the Centre. (8 marks)
 - c. Explain FOUR ways supervision supports ongoing professional growth and reflective practice among addiction counsellors. (8 marks)