

031306T4PSY

COUNSELING PSYCHOLOGY LEVEL 5

PSY/OS/CO/CR/01/5

Assess the Client

Nov/Dec 2024



**TVET CURRICULUM DEVELOPMENT ASSESSMENT AND CERTIFICATION
COUNCIL**

OBSERVATION CHECKLIST

INSTRUCTIONS TO ASSESSOR

1. Assess the candidate as the practical progresses observing the critical areas
2. You are required to mark the practical as the candidate perform the tasks
3. You are required to take video clips at critical points
4. Ensure the candidate has a name tag and registration code at the back and front

<ul style="list-style-type: none"> ✓ Academic Stress Scale (ASS) ✓ Cognitive Assessment Tools ✓ State-Trait Anxiety Inventory (STAI) ✓ Beck Depression Inventory (BDI) <p><i>Award 2 marks each for any 2 relevant tools identified or 0 if not identified)</i></p> <ul style="list-style-type: none"> ✓ Intake form ✓ Referral form ✓ Consent form. <p><i>(Award 1mark each for any 2 forms identified or 0 if not identified)</i></p>	4		
<p>4. Negotiated counselling contract: The candidate explained to the client:</p> <ul style="list-style-type: none"> ✓ The counselling processes. ✓ Counsellor's and Client's rights and responsibilities ✓ Confidentiality and its limitations ✓ Length of the session ✓ The fees and mode of payment ✓ Cancellation policy ✓ Referral process ✓ Risks of counselling <p><i>(Award 1mark each for any 4 items explained or 0 if not explained)</i></p>	4		
Sub-Total Task 1	20		
TASK 2: ASSESS THE CLIENT			
<p>5. Obtained client's biodata according to counselling standards.</p> <ul style="list-style-type: none"> ✓ Name ✓ Age ✓ Gender ✓ Birth order. ✓ Occupation ✓ Contacts ✓ Physical address ✓ No. of children ✓ Education background ✓ Family background ✓ Medical history <p><i>(Award 4 marks for any 6 items of data obtained or 0 if not obtained)</i></p>	4		
<p>6. Provided Adolescent Counselling according to presenting issues,</p>			

<p>assessment outcomes and counselling standards:</p> <ul style="list-style-type: none"> • Identified 2 presenting issues. <ul style="list-style-type: none"> ✓ Academic Pressure and Failure ✓ Anxiety and Emotional Distress ✓ Coping Mechanisms and Decision-Making ✓ Parental Expectations and Family Dynamics ✓ Potential Depression and Trauma <p><i>(Award 2 marks each for any 2 identified or 0 if not identified)</i></p> <ul style="list-style-type: none"> • Asked relevant questions. <ul style="list-style-type: none"> ✓ Open ended. ✓ Probing ✓ The miracle question ✓ Focusing questions ✓ Exception <p><i>(Award 2 marks for any 3 questions asked or 0 if not asked not asked)</i></p> <ul style="list-style-type: none"> • Developed counselling goals <i>(Assessor to ask the candidate)</i> <ul style="list-style-type: none"> ✓ The client goals. ✓ The counsellor's goals. <p><i>(Award 1 mark each for any 2 goals developed for each of the above tasks or 0 if not done)</i></p> <ul style="list-style-type: none"> • Used relevant counselling skills <i>(Assessor to observe)</i> <ul style="list-style-type: none"> ✓ SOLER ✓ Active listening ✓ Minimal prompts ✓ Paraphrasing & Summarizing ✓ Unconditional positive regard ✓ Empathy ✓ Reflective Listening <p><i>(Award 1 mark each for any 3 skills used or 0 if not used)</i></p> <ul style="list-style-type: none"> • Used counselling theories <i>(assessor to ask the candidate)</i> <p>Applied relevant theories based on the presenting issue:</p> <ul style="list-style-type: none"> ✓ Cognitive-Behavioral Therapy (CBT) ✓ Person-Centered Therapy (PCT) ✓ Solution-Focused Brief Therapy 	<p>4</p> <p>2</p> <p>2</p> <p>3</p> <p>4</p>		
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<p>(SFBT)</p> <ul style="list-style-type: none"> ✓ Mindfulness-Based Stress Reduction (MBSR) <p><i>(Award 2 marks each for any 2 theories applied or 0 if not applied)</i></p> <ul style="list-style-type: none"> ✓ Problem solving and communication skills training ✓ Active listening ✓ Cognitive Restructuring ✓ Exposure therapy ✓ Career counselling <p>/Psychoeducation</p> <p><i>(Award 1 marks each for any 4 techniques applied or 0 if not applied)</i></p>	5		
Sub-Total Task 2	24		
TASK 3: Evaluated Client Assessment			
<p>7. Evaluated Client Assessment according to counselling standards. The client gave the following feedback:</p> <ul style="list-style-type: none"> ✓ The counselor built a working relationship. ✓ The Counselor attended to them. ✓ The client felt supported and comforted ✓ The client was willing to come back. <p><i>(Award 1 mark for each feedback given or 0 if not given)</i></p> <ul style="list-style-type: none"> • Two areas of candidate strength <p><i>(Award 1 mark for each strength given or 0 if not given)</i></p> <ul style="list-style-type: none"> • Two areas that candidate need improvement. <p><i>(Award 1 marks for each area of improvement given or 0 if not given)</i></p>	1 1 1 1 2 2		
Sub-Total Task 3	8		
TASK 4: Terminated Client Assessment			
<p>8. Terminated Client Assessment counselling session according to counselling standards.</p> <ul style="list-style-type: none"> • Terminated gradually. • Highlighted key issues. 	2 2		

<ul style="list-style-type: none"> Conducted appropriate referral / Booked the client for the next session based on the case. <p><i>(Award 2 marks for each item done or 0 if not done)</i></p>	2		
Sub-Total Task 4	6		
TOTAL MARKS	58		
ASSESSMENT OUTCOMES			
<p>The candidate was found to be:</p> <p style="text-align: center;">Competent <input type="checkbox"/> Not yet competent <input type="checkbox"/></p> <p><i>(Please tick as appropriate)</i></p> <p><i>(The candidate is competent if s/he gets 50% or higher)</i></p>			
Feedback from candidate:			
Feedback to candidate:			
Candidate's signature:	Date:		
Assessor's signature:	Date:		