



**JARAMOGI OGINGA ODINGA UNIVERSITY OF SCIENCE AND TECHNOLOGY  
SCHOOL OF EDUCATION, HUMANITIES AND SOCIAL SCIENCES  
UNIVERSITY EXAMINATION FOR DIPLOMA IN COUNSELING PSYCHOLOGY**

**2<sup>ND</sup> Year 1<sup>ST</sup> SEMESTER 2024/2025 ACADEMIC YEAR  
MAIN REGULAR**

---

**COURSE CODE: PSY/CU/CO/CR/08/6 COURSE TITLE: ADDICTION COUNSELING  
EXAM VENUE: CL 2 TREAM: (Dip. Coun. Psychology)  
DATE: 17<sup>TH</sup> JANUARY, 2025 EXAM SESSION: 9.00AM-11.00AM  
TIME: 2.00 HOURS**

---

**Instructions:**

- i. Answer all the questions in section A. In section B, choose and answer THREE questions only.
- ii. Candidates are advised not to write on the question paper.
- iii. Candidates must hand in their answer booklets to the invigilator while in the examination room.

**SECTION A (40 MARKS)**

**Answer ALL the questions in this section**

1. You are tasked by your counselor supervisor to establish a good counseling room/environment for addiction counseling. What are the **FOUR** requirements for such a room/environment? (4 Marks)
2. As an addiction counselor what are the **FOUR** important reasons for preparing a good counselling environment/room (4 Marks)
3. A client with addiction problem is knocking at your office door. What are the **FOUR** important relationship skills you will do? (4 Marks)
4. You have parents from the village who have brought their daughter who has addiction problem for counseling. Define to them what addiction is in a manner that they are able to understand (4 Marks)
5. You have realized that more staff in your place of work are abusing drugs and alcohol. What do you think are the **FOUR** reasons for this trend? (4 Marks)

6. Some of the staff members abusing drugs in your place of work become addicted but others do not. Why? (4 Marks)
7. A client with substance dependence has come for rehabilitation in your facility. What are the **FOUR** symptoms of substance dependence? (4 Marks)
8. You want to psycho-educate college students on the impact of substance use on the brain. Outline four impacts of substances to the brain from the time a person begins to use a substance and into addiction (4 Marks)
9. "What should I include in my addiction therapy contract with my client?" Outline **FOUR** important information your client needs to know in contracting (4 Marks)
10. You are training upcoming counselors on the topic "negotiating a counseling contract". Explain **FOUR** purposes of negotiating a counseling contract (4 Marks).

## **SECTION B (60 MARKS)**

**Choose and answer ANY THREE questions in this section**

### **11. (20 MARKS)**

- a) You have successfully finished negotiating of a counseling contract in a rehabilitation facility and your client has signed. Outline **TWO** importance of taking the biodata/intake of your client (2 Marks)
- b) Your supervisor expects you to make ready in the facility, at least **FIVE** addiction screening tools. Identify and explain the uses of the five screening tools you have prepared (10 Marks).
- c) A client with substance addiction is to undergo screening for substance abuse. Explain **FOUR** benefits of screening in addiction counseling to the client (8 Marks)

### **12. (20 MARKS)**

- a) You have conducted screening on a client with alcohol addiction problem and realized the client has been addicted for 17 years. You realize the client requires assessment in addiction. Outline **FIVE** objectives of assessment of this client in addiction counseling (5 Marks)
- b) You are a trainer of counselors. There is need for your trainees to understand human development. Explain the **FIVE** stages of human development and underlying factors that can lead to addiction in each stage (10 Marks)
- c) Addiction counseling utilizes various psychological theories to effectively address substance use disorders, each offering distinct insight and interventions. These theories provide comprehensive work for understanding and treating addiction, each contributing valuable strategies for supporting individuals in their recovery journey. Outline **FIVE** theories commonly used in addiction counseling (5 Marks)

**13. (20 MARKS)**

- a) Outline **FIVE** contextual issues that an addiction counselor is required to gain understanding of so as to develop effective prevention and treatment strategies for individuals struggling with addiction (5 Marks).
- b) Jane who is to undergo alcohol treatment is to be helped by you as the addiction counselor to understand the benefits of developing a treatment plan. Outline **FIVE** benefits of developing an alcohol abuse treatment plan (5 Marks)
- c) You are required to conduct addiction counseling to Jane. Explain the **FIVE** stages of the addiction counseling process (10 Marks)

**14. (20 MARKS)**

- a) As an addiction counselor handling a client, you have realized that your client requires referral. What are the **FIVE** factors that can make an addiction counselor to refer a client? (5 Marks)
- b) Elaborate on **FIVE** treatment options available for persons with addiction problem (5 marks)
- c) You are to help recovering addicts through a 12-steps treatment therapy. What are the **FIVE** core concepts of the 12 steps facilitation therapy that will guide the group? (12 Marks)

**15. (20 MARKS)**

- a) Explain **FIVE** ethical principles and virtues that an addiction counselor must adhere to (5 Marks)
- b) You are a counselor cum coach to a community football club for teens. Explain **SIX** ways you can teach them on how they can prevent addiction amongst them (6 Marks)
- c) You are required to attend counselor supervision once every month. Outline **FIVE** benefits of counselor supervision to you as an addiction counselor (5 Marks).
- d) Your client has successfully gone through the treatment plan for addiction at a rehabilitation centre and is to be discharged in a week's time. However, your team realizes that the client will need an addiction aftercare program once discharged. Explain **FOUR** importance of an addiction aftercare for your client (4 Marks)