



Qualification Code : **031306T4PSY**
Qualification : **Counseling psychology Level 6**
Unit Code : **PSY/OS/CO/CR/03/6/A**
Unit of Competency : **Provide Crisis Counseling**

WRITTEN ASSESSMENT

INSTRUCTIONS TO CANDIDATE

1. This paper consists of two sections: **A** and **B**.
2. You are allocated **Three (3) Hours** to answer the questions.
3. Marks for each question are indicated in the brackets.
4. Write your responses in the separate answer booklet provided.
5. Do not write anything in this question booklet.

This paper consists of three (3) printed pages

SECTION A: [40 MARKS]

Answer all the questions in this section

1. Define the following terms;
 - a) Crisis (2 Marks)
 - b) Crisis counselling (2 marks)
 - c) Stress (2 marks)
2. Highlight any **THREE** points that counsellors must keep in mind during a crisis (3 marks)
3. Name **THREE** types of crisis (3 Marks)
4. State **TWO** Crisis Theories (2 Marks)
5. Identify **FIVE** negative effects of crisis (5 Marks)
6. Highlight **FIVE** signs of crisis (5 marks)
7. State **FOUR** types of conflicts that can cause stress or cognitive dissonance in a client (4 Marks)
8. Mention **FIVE** roles of a counsellor during crisis intervention (5 Marks)
9. Mention **FIVE** other providers of crisis intervention (5 Marks)
10. A 15-year-old girl is stressed on establishing she is HIV positive after being sexually abused by her uncle. Mention **TWO** ethical and legal issues that you would consider when dealing with this client. (2 marks)

SECTION B: (60 MARKS)

(Answer any THREE (3) questions in this section)

11. Termination is an important process that takes place during or after the counselling process.
 - a) Discuss **FOUR** factors that may make a counselor to terminate the therapy before the completion of treatment. (8 marks)
 - b) Some counselling rooms are placed too near the staffroom in some schools. Explain **FOUR** reasons that may make students to fear attending counselling services in such schools (12 marks)

12. Counsellors play an important role during and after a crisis.

- a) Explain FOUR roles of a counsellor during crisis intervention (8 marks)
- b) Identify THREE other service providers and explain their roles during a crisis (12 marks)

13. Psychological first aid aims to reduce stress symptoms and assist in a healthy recovery following a traumatic event, natural disaster, public health emergency, or even a personal crisis.

- a) Identify FIVE things one should consider while offering psychological first aid in different cultures (10 marks)
- b) Analyze using relevant examples, FIVE ways in which crisis in an organization or Country can be well managed (10 marks)

14. Maria is experiencing some issues in her marriage and at her workplace. She prefers to see the counsellor when she is alone.

- a) Discuss FOUR advantages of individual counselling (8 marks)
- b) Explain FOUR disadvantages of group counselling (12 marks)