



AMREF INTERNATIONAL TRAINING CENTER

Qualification Code : 031305T4PSY
Qualification : Counselling Psychology Level 5
Unit Code : HE/OS/CPSY/CR/03/5/A
Unit of Competency : Provide Psychological First Aid Services

WRITTEN ASSESSMENT

INSTRUCTIONS TO CANDIDATE

1. You have **three** hours to answer all the questions.
2. This paper has two sections A and B.
3. You are provided with a separate answer booklet.
4. Marks for each question are indicated in the brackets.
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 the pages are printed as indicated and that no questions are missing.

SECTION A: (40 MARKS)

Answer all the questions in this section

1. Define these terms as they are used in the provision of Psychological First aid services.
 - a) Crisis (2 Marks)
 - b) Psychological First Aid (2 Marks)
2. Personal therapy, also known as individual therapy or counseling, involves an individual working to explore and address psychological, and behavioral issues. State **four** purposes of personal development in the counseling profession. (4 Marks)
3. Assessment is the groundwork for a successful session in Psychological First Aid services. Identify **four** reasons for carrying out the assessment. (4 Marks)
4. A certain school has been attacked by terrorists. List **four** interventions you would use when providing crisis counseling as a Psychological First aider. (4 Marks)
5. Referring clients is part of professional conduct for counselors in practice. State **five** factors that should be when referring a client to Psychological First Aid (PFA). (5 Marks)
6. Unethical behavior is prohibited in the counseling profession, as it has serious impacts on the counselor and the counselee. Mention **four** examples of unethical behaviors in the counseling profession. (4 Marks)
7. Psychological First Aid (PFA) is a model designed to provide immediate support and assistance to individuals who have experienced a traumatic event or crisis. Outline **four** stages of the Psychological First Aid Model. (4 Marks)
8. When consenting with a client, identify **four** things that a counselor needs to mention to the counselee to fulfill the counseling profession's ethics. (4 Marks)
9. Outline **three** strategies that caregivers offering psychological debriefing can employ to take care of their own mental and physical well-being while offering psychological first aid services. (3 Marks)
10. Enumerate **four** types of post-traumatic stress reactions that are likely to be experienced by victims of flood disasters. (4 Marks)

SECTION B. (60 MARKS)

Answer Any Three Questions In This Section

11. Supervision in counseling refers to a collaborative process where a more experienced and skilled professional oversees the work of a less experienced counselor or therapist.
- a) Explain **three** types of supervision. (6 Marks)
 - b) Describe **seven** roles of professional supervision in counseling. (14 Marks)
12. Children and adults can be affected by a traumatic event. During the provision of Psychological First Aid services, (PFA).
- a) Discuss **five** ways in which you can handle children differently from adults to be effective in helping. (10 Marks)
 - b) Explain **five** guidelines for delivering Psychological First Aid PFA. (10 Marks)
13. Fire has just erupted in the nearby Mall center in your local residence. You are part of the emergency team called upon to act and respond accordingly.
- a) Explain **five** areas that you can address when dealing with people who have experienced the death of a loved one during this catastrophe. (10 Marks)
 - b) Discuss **five** grief reactions that are likely to interfere with a survivor's ability to adjust to death. (10 Marks)
14. Psychological First Aid (PFA) 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) Examine **five** basic objectives of Psychological First Aid services in this context. (10 Marks)
 - b) Discuss **five** challenges that can limit the delivery of your services when providing Psychological First Aid. (10 Marks)