

**031306T4PSY**

**COUNSELLING PSYCHOLOGY LEVEL 6**

**PSY/OS/CO/CR/04/6**

**Provide Trauma Counselling**

**July /August 2024**



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

**CANDIDATE'S TOOL**

**WRITTEN ASSESSMENT**

**TIME: 3 HOURS**

**INSTRUCTIONS TO CANDIDATE**

1. Marks for each question are indicated in the brackets ( ).
2. The paper consists of **TWO (2)** sections; **A** and **B**.
3. Do not write anything on the question paper
4. You are provided with a separate answer booklet.

**This paper consists of (3) 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)**

*Answer ALL the questions in this section.*

1. Acute stress disorder (ASD) and post-traumatic stress disorder (PTSD) are some of the effects of trauma. State the difference between the two disorders. (4 Marks)
2. The intake form is necessary for trauma counselling therapy. State any FOUR reasons why the client's medical information is important. (4 Marks)
3. Alex and Sam witness a car accident on a busy city street. Alex runs to assist while Sam stands frozen to the spot. List FOUR reasons for the different responses in Alex and Sam. (4 Marks)
4. Juma is a trauma therapist who undertakes supervision monthly. Identify FOUR reasons why he should prioritize supervision as a regular practice. (4 Marks)
5. The judge hearing Jane's case after she was raped has ordered you to share the counselling report as evidence. State FOUR considerations you would make before sharing the report. (4 Marks)
6. Moses, a trauma client has been undergoing counselling in your center for the last two months and you intend to terminate the services. List FOUR considerations you would make before the termination. (4 Marks)
7. Johanna, a German tourist in Kenya, lost her eye in a road accident. She has been referred to John, a multicultural counsellor. Mention FOUR multicultural competencies that John should demonstrate. (4 Marks)
8. Developmental theories are an important framework for understanding how trauma can impact individuals. State FOUR aims of understanding these theories. (4 Marks)
9. Douglas, the school counsellor at a girls' school, found that the girls' dormitory had caught fire. The students escaped unhurt, but nothing was salvaged. Identify FOUR benefits of debriefing the girls. (4 Marks)
10. Providing a continuum of care in trauma counselling involves offering a range of services and support to individuals at different stages of their recovery process. Mention FOUR services factored in the continuum of care. (4 Marks)

**SECTION B (60 MARKS)**

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

11. Nzili had a fight with her husband, who in anger chopped off her two hands. The doctor attending to Nzili has referred her to you for trauma counselling.
- Explain FOUR psychological symptoms Nzili is likely to experience (8 Marks)
  - Describe SIX trauma intervention procedures that can be applied in Nzili's case (12 Marks)
12. Relationship building is crucial in trauma counselling, as it creates a safe and supportive environment in which clients can explore their trauma experiences and emotions.
- Discuss SIX strategies that a trauma counsellor can use in relationship building. (12 Marks)
  - Discuss FOUR trauma counselling skills that can be applied in relationship building. (8 Marks)
13. Linet was a victim of a terror attack a week ago. The attack left her paralyzed, bitter, hopeless and confined to a wheelchair. Linet has visited your center for intervention.
- Explain THREE tools you will use for assessment. (6 Marks)
  - Describe SEVEN ethical considerations you will adhere to during the trauma counselling. (14 Marks)
14. Trauma-focused cognitive behaviour therapy (TF-CBT) is a therapy for children and adolescents to recover from Post-Traumatic Stress Disorder and other trauma related challenges.
- Describe FIVE features of TF-CBT. (10 Marks)
  - Discuss FIVE reasons why adolescents or children with PTSD or trauma related challenges should seek counselling intervention. (10 Marks)