



**AMREF**

**INTERNATIONAL**

**TRAINING CENTER**

**Qualification Code** : 031306T4PSY

**Qualification** : Counselling Psychology Level 5

**Unit Code** : PSY/OS/CO/CR/03/5/A

**Unit of Competency** : Provide Psychological First Aid

**WRITTEN ASSESSMENT**

**Time: 3 HOURS**

**INSTRUCTIONS TO CANDIDATE**

1. Marks for each question are indicated in the brackets.
2. The paper consists of **TWO** sections: **A** and **B**.
3. Candidates are provided with a separate answer booklet
4. **DO NOT** write on this question paper.

*This paper consists of **THREE (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. Define the following terms.
  - a. Interpersonal theory (2Marks)
  - b. Evaluation in counselling (2Marks)
2. Personal therapy, also known as individual therapy or counselling, involves an individual working to explore and address psychological, and behavioral issues. State FOUR purposes of personal development in counselling profession. (4Marks)
3. Assessment is the groundwork to a successful session in Psychological First Aid services. Identify FOUR reasons of carrying out assessment. (4Marks)
5. Jane, a counselling psychologist realized that her colleague Samuel had missed duty for two weeks. When she visited him, she realized that Samuel had lost his first-born daughter and was in deep confusion. Identify FOUR symptoms of grief Expressed by Samuel. (4Marks)
6. Referring clients is part of professional conduct for counsellors in practice. State FIVE factors to consider when referring a client in Psychological First Aid (PFA) (5Marks)
7. In managing post- traumatic stress, psychoeducation is one of the most effective strategies. Name FOUR ways you can encourage the client to manage post-traumatic stress. (4Marks)
8. 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 phases of psychological First Aid Model (4Marks)
9. Highlight TWO assessment tools a counsellor can use in crisis counselling (4Marks)
10. Outline FOUR approaches that caregivers offering psychological debriefing can employ to take care of their own mental and physical wellbeing while offering the psychological first aid services. (3Marks)

**SECTION B (60 MARKS)**

***Answer Any THREE Questions in This Section***

11. Supervision in counselling refers to a collaborative process where a more experienced and skilled professional oversees the work of a less experienced counsellor or therapist.

a) Explain THREE types of supervision. (6 Marks)

b) Describe SEVEN roles of professional supervision in counselling. (14Marks)

12.

a) According to the counselling standards, counsellors refer clients under reasonable circumstances. Explain FOUR conditions under which a counsellor will refer client with suicidality. (8Marks)

b) Depression is one of the factors that influence suicidality but it is important to identify the nature and severity of the suicidal symptoms. Discuss SIX indicators of suicide. (12Marks)

13. You are part of the emergency team in an area which has experienced a fire accident in your local residence.

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. (10Marks)

14. When conducting Psychological First Aid session a counselor needs to consider professional ethics according to counselling standards.

a. Explain FIVE principles of ethics considered by the counsellors for effective practice. (10Marks)

b. The difference between advice and counseling is that advice contains more opinion of the advisor than the client. Explain FIVE reasons why advice giving should be minimized in provision of psychological first aid services. (10Marks)