



AMREF INTERNATIONAL TRAINING CENTER

Qualification Code : 031306T4PSY
Qualification : Counselling Psychology Level 6
Unit Code : PSY/CU/CO/CR/04/6/A
Unit Of Competency : Trauma Counselling

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 THREE (3) 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. Many people have experienced Trauma in their lives. Differentiate between naturally caused trauma and human caused trauma (4 Marks)
2. Counsellors in a counselling center should ensure that therapy rooms have the necessary resources. Highlight FOUR counselling resources required in a therapy room (4 marks)
3. The intake form is necessary for Trauma counselling therapy. State FOUR reasons why the client's medical information is important (4 marks)
4. Mention FOUR reasons why a therapist should refer a traumatized client (4 marks)
5. Complex trauma can affect the society in a multitude of ways. Highlight FOUR impacts of trauma on the society (4 marks)
6. Maria had a fight with her husband who chopped off her two hands. Outline FOUR psychological symptoms she is likely to experience (4 marks)
7. Jimmy, a trauma client has been undergoing counselling in your center for the last two months and you intend to terminate the sessions. State FOUR considerations you would make before the termination (4 marks)
8. Complex trauma can affect individuals in a multitude of ways. Name FOUR most common External causes of trauma (4 marks)
9. Maria, 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. A counsellor can develop secondary traumatization after working with clients with trauma. State FOUR ways of preventing secondary traumatization (4 marks)

SECTION B: (60 MARKS)

Answer Any Three Questions In this Section

11. Relationship building is crucial in trauma counselling as it creates a safe and supportive environment in which clients can explore their experiences and emotions.
- a) Explain FIVE benefits of Trauma counselling to clients experiencing trauma (10 Marks)
 - b) Discuss FIVE characteristics of an effective counsellor during trauma therapy sessions (10 Marks)
12. Termination is an important process that takes place during or after the counselling process.
- a) Discuss FIVE factors that may make a counsellor to terminate the therapy before the completion of treatment (10 Marks)
 - b) Describe FIVE effects of trauma on children (10 marks)
13. Trauma-focused cognitive behavior therapy is a therapy for children and adolescents to recover from Post-Traumatic Stress Disorder (PTSD) and other trauma related challenges.
- a) Discuss FIVE reasons why adolescents or children with PTSD or trauma related challenges should seek counselling intervention (10 Marks)
 - b) Explain FIVE suicidal warning signs you can note in a traumatized client (10 Marks)
14. The loss of a loved person through bereavement can lead to trauma due to chronic grieving.
- a) Describe FIVE strategies a counsellor can use to help the client accept and address the grief (10 Marks)
 - b) Explain FIVE most appropriate skills you will use to counsel a traumatized client who is going through financial crisis (10 marks)