

031305T4PSY

COUNSELLING PSYCHOLOGY LEVEL 5

PSY/OS/CO/CR/03/5

Provide Psychological First Aid (PFA) Services

Nov/Dec 2024



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

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 FOUR (4) 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)

1. When conducting psychological First Aid Services, counsellors are at risk of vicarious trauma. List FOUR symptoms of vicarious trauma that can be expressed by counsellors after conducting sessions with survivors of fire tragedy. (4marks)
2. In managing post-traumatic stress, psycho-education is one of the most effective strategies. List FOUR ways you can encourage the client to manage post-traumatic stress. (4marks)
3. Counsellor supervision is very key in any helping profession. Identify THREE formats through which Psychological First Aid practitioners can access supervision services as part of personal and professional development. (3marks)
4. Jane, a counseling 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)
5. The provision of Psychological First Aid services requires competences in detecting complicated grief reactions. Explain FOUR characteristics of complicated grief. (4marks)
6. You have been invited to a school to support Guidance and Counseling teachers in managing their stress. Navigate through FOUR indicators of workplace stress you are likely to hear from their disclosure. (4marks)
7. During the year 2020 and 2021 there were more cases of trauma-related symptoms among many clients who interacted with mental health professionals compared to those identified in the previous years. This was due to the covid-19 pandemic. Mention FIVE psychological and behavioral outcomes of covid- 19 pandemic to the Kenyans. (5marks)
8. When working with clients going through loss and grief, the counselor use various strategies to achieve desired outcome in the healing journey with the clients. Briefly explain TWO benefits that clients going through loss and grief will get when handled in group set-up. (4marks)
9. Assessment in the counselling practice requires utilization of standardized tools for effective assessment outcome. Identify FOUR tools that would be required in providing psychological first aid

services by all responders.

10. Psychological First Aid services require specific skills and techniques in which you access the underlying issues of the client. State FOUR techniques of cognitive behavior therapy that you will use in helping your clients. (4marks)

SECTION B (60 MARKS)

Answer any three questions in this section. Question 11 is COMPULSORY

11. During political campaigns a rally a meeting that was organized by one of the aspiring members of parliament in one of the constituencies within Murang'a County was interrupted leading to people running up and down and seeking to exit the venue. In the process, two hundred people lost their lives and more than three thousand got injured. Counsellors were involved in helping the survivors and their families.

a) Discuss the **THREE** phases of trauma, highlighting at least two characteristics that you would identify in the victims at every phase (6marks)

b) Counsellors providing psychological First Aid to the victims and their families are likely to deal with sensitive clients who express unique emotional reactivity and requiring high level of professional conduct. Identify and explain **FIVE** professional behaviors required in taking such precaution. (10 Marks)

c) Psychological First Aid services require conducive environment. Explain two retirement of a PFA venue. (4 Marks)

12. a) According to the counseling standards, counsellors refer clients under reasonable circumstances. Identify **FOUR** conditions under which a counselor 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. a) When conducting Psychological First Aid session a counselor need to consider professional ethics according to counseling standards. 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)

14. a) Debriefing is an intervention used in helping clients who have been exposed to traumatic experience. Elaborate how you would take a client through any **FIVE** phases of Critical incident Stress debriefing. (10marks)

b) During the process of group debriefing which may take five to seven sessions, the counsellor is likely to encounter various group dynamics. Explain **FIVE** characteristics of group members you are likely to encounter. (10marks)

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