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031306T4PSY

COUNSELLING PSYCHOLOGY LEVEL 6

PSY/OS/CO/CR/04/6

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Provide Trauma Counselling

November/December 2025

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

WRITTEN ASSESSMENT

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Time: 3 HOURS

INSTRUCTIONS TO THE CANDIDATE

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1. This paper consists of **TWO** sections: **A** and **B**.
2. Answer **ALL** questions in section **A** and **ANY THREE (3)** questions in section **B**.
3. Marks for each question are indicated in the brackets.
4. Candidates are provided with a separate answer booklet.
5. Do not write on the question paper.

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***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)

Attempt ALL the questions in this section.

1. Provide definitions for the following terms as used in trauma counselling:

- a) **Dissociation** (2 Marks)
- b) Flashback (2 Marks)

2. Individuals exposed to traumatic events may develop Post-Traumatic Stress Disorder (PTSD). Describe FOUR common symptoms associated with PTSD. (4 Marks)

3. Peter, a 30-year-old man, survived a serious road traffic accident. Since the accident, he experiences nightmares, flashbacks, anxiety, poor sleep, and difficulty concentrating. He avoids driving and feels fear, anger, and hopelessness. Identify FOUR trauma assessment tools that can be applied to support Peter's recovery. (4 Marks)

4. Counsellors exposed to clients' trauma may experience secondary traumatic stress. Identify FOUR symptoms of vicarious trauma that may manifest in such counsellors. (4 Marks)

5. Treatment planning is a vital component in trauma counselling. State FOUR benefits of developing an individualised treatment plan for clients affected by trauma. (4 Marks)

6. Resilience plays a key role in helping individuals recover from the psychological impact of trauma. Explain briefly FOUR reasons resilience is important in trauma recovery. (4 Marks)

7. Early life trauma can disrupt emotional and social development. Discuss FOUR ways in which childhood trauma may influence an individual's ability to form secure and healthy adult relationships. (4 Marks)

8. Maintaining professional ethics is central to effective trauma counselling. State FOUR ethical principles that guide counsellors when supporting trauma-affected clients. (4 Marks)

9. In counselling psychology, journaling is used as a reflective practice tool. Describe FOUR ways in which journaling benefits counsellors working in trauma-related settings. (4 Marks)

10. Effective trauma counselling requires mastery of specific interpersonal and therapeutic skills. Mention FOUR counselling skills essential for counsellors working with trauma survivors. (4 Marks)

SECTION B (60 MARKS)

Attempt any THREE Questions in this section

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11. In trauma counselling, effective supervision ensures quality care for clients and safeguards counsellors' wellbeing.

a) Explain FIVE key roles of supervision in trauma counselling practice.

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b) Describe FIVE characteristics of effective group supervision in trauma counselling. (10 Marks)

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12. A gas explosion occurred in a residential estate in Embakasi, leaving several families traumatised. Some residents sustained physical injuries, while others were displaced from their homes. Emergency response teams have mobilised to offer immediate support, including psychological interventions for survivors.

a) Discuss FIVE core principles of psychological debriefing applicable to this situation. (10 Marks)

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b) Evaluate FIVE possible negative outcomes of poorly conducted psychological debriefing among survivors of the explosion. (10 Marks)

13. Diana, a 40-year-old teacher who lost colleagues during the Garissa University terror attack, continues to struggle with depression, isolation, and a sense of hopelessness.

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a) Explain how you would apply FIVE stages of Elisabeth Kübler-Ross's theory of mourning when working with Diana. (10 Marks)

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b) Illustrate FIVE Solution-Focused Brief Therapy (SFBT) techniques that could assist Diana in processing her grief and rebuilding meaning in life. (10 Marks)

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14. In the aftermath of violent incidents, trauma counselling plays a critical role in helping survivors process distressing experiences. Interventions such as Eye Movement Desensitisation and Reprocessing (EMDR) are often used, though their effectiveness may depend on various factors.

a) Analyse FIVE limitations of using EMDR in trauma counselling. (10 Marks)

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b) Discuss FIVE professional qualities that enhance the effectiveness of a trauma counsellor supporting survivors of violence. (10 Marks)