



AMREF INTERNATIONAL TRAINING CENTER

MODULE VI

COUNSELLING LEVEL 6

HW/CU/CP/CR/11/6/MA

CRISIS AND TRAUMA COUNSELLING

WRITTEN ASSESSMENT

DATE: 12TH AUGUST 2026

Time: 2 HOURS START: 9AM FINISH: 11AM

INSTRUCTIONS TO CANDIDATES

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

Candidate 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 questions in this section.

1. Assessment is an important step in the counselling process. Identify FOUR factors that should be considered when selecting a crisis and trauma assessment tool. (4 Marks)
2. Counselling contracts help establish professional boundaries and expectations. Highlight FOUR components of a crisis and trauma counselling contract form. (4 Marks)
3. Effective counselling requires continuous review of the client's progress. Give FOUR reasons why ongoing client reassessment is important during counselling. (4 Marks)
4. Evaluation is conducted to determine the effectiveness of counselling interventions. Identify FOUR evaluation tools used in crisis and trauma counselling. (4 Marks)
5. Documentation is an important professional responsibility in counselling practice. State FOUR benefits of maintaining crisis and trauma counselling records. (4 Marks)
6. Termination is a critical stage in the counselling process. Mention FOUR types of continuum-of-care services that may be offered after termination of counselling. (4 Marks)
7. During counselling, rapport building is essential for effective intervention. State FOUR techniques used to establish rapport with a client experiencing trauma. (4 Marks)
8. Counselling termination should be planned and managed appropriately. Mention FOUR indicators that a counselling relationship is ready for termination. (4 Marks)
9. Counsellors are expected to maintain a professional helping relationship. Outline FOUR counsellor qualities that promote an effective therapeutic relationship. (4 Marks)
10. Various forms of trauma are encountered in counselling practice. State FOUR types of traumas. (4 Marks)

SECTION B: (60 MARKS)

Answer THREE questions.

11. A severe road traffic accident occurred along a major highway, leaving several passengers injured and others traumatized after witnessing the event. Survivors have reported fear, confusion, sleep disturbances, and emotional distress.
- a) Explain FIVE manifestations of trauma that may be observed among the survivors. (10 Marks)
 - b) Describe FIVE goals of crisis and trauma counselling when working with the affected survivors. (10 Marks)
12. Mary, a 30-year-old woman, lost her husband in a tragic accident six months ago. Since then, she has experienced emotional distress and difficulty adjusting to life without him.
- a) Explore FIVE stages of grief that Mary may experience. (10 Marks)
 - b) Discuss FIVE counselling strategies that can help Mary adjust to her loss. (10 Marks)
13. Peter, a 35-year-old father of three, lost his job six months ago. Since then, he has become withdrawn, irritable, and hopeless. His family reports that he rarely interacts with them and has lost interest in activities he previously enjoyed.
- a) Discuss FIVE components you would include when developing a treatment plan for Peter. (10 Marks)
 - b) Describe FIVE reasons why referral may become necessary during Peter's counselling process. (10 Marks)
14. Counsellors often encounter barriers that interfere with the effectiveness of crisis and trauma counselling.
- a) Examine FIVE factors that may hinder effective crisis and trauma counselling. (10 Marks)
 - b) Explain FIVE strategies a counsellor can use to overcome these barriers and enhance counselling outcomes. (10 Marks)