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031305T4PSY

COUNSELLING PSYCHOLOGY LEVEL 5

PSY/OS/CO/CR/03/5

Provide Psychological First Aid (PFA) services

November/December 2025

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

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WRITTEN ASSESSMENT

Time: 3 HOURS

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INSTRUCTIONS TO 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 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)***Attempt All the Questions in This Section***

1. Define the following terms as used in Psychological First Aid (PFA):

- a) Survivor (2 Marks)
- b) Stabilisation (2 Marks)
- c) Rapport building (2 Marks)

2. Psychological First Aid (PFA) is an evidence-based approach designed to achieve specific outcomes. State FOUR main goals of PFA services offered to survivors. (4 Marks)

3. Children are among the most vulnerable in crises and disasters. When offering Psychological First Aid (PFA) to children, counsellors must consider specific factors to ensure effective and safe support. Mention FOUR child-focused considerations a counsellor should observe when delivering PFA services. (4 Marks)

4. After a traumatic event or disaster, individuals may show emotional and psychological reactions that signal the need for immediate help. Identify FOUR such early warning signs that would require PFA intervention. (4 Marks)

5. Not all survivors can be managed with Psychological First Aid alone. List FOUR situations that may require referral for specialised care. (4 Marks)

6. Counsellors providing Psychological First Aid are expected to observe professional standards. State FOUR ethical principles that guide the delivery of PFA services. (4 Marks)

7. Counsellors working in crisis situations are prone to emotional strain due to the demanding nature of PFA. Outline FOUR self-care practices they can apply to reduce stress and burnout. (4 Marks)

8. Individuals under intense stress may display symptoms that require urgent attention. Point out FOUR critical indicators of severe stress that may warrant immediate intervention. (4 Marks)

9. A counsellor handling a client struggling with grief is required to develop an appropriate treatment plan. List THREE essential components of a counselling treatment plan. (3 Marks)

10. During Psychological First Aid (PFA) services, the counselling process must eventually come to an end. State THREE factors a counsellor should consider when preparing for termination. (3 Marks)

SECTION B (60 MARKS)***Attempt Any THREE Questions in This Section***

11. After a terrorist attack in Garissa, a team of volunteer counsellors was deployed to provide Psychological First Aid (PFA) to survivors. Some counsellors experienced emotional fatigue, difficulty managing distressed survivors, and uncertainty about whether they were applying PFA techniques correctly. Their team leader recognised the need for supervision to strengthen support and professional competence.

- a) Explain FIVE reasons why supervision is essential for counsellors providing Psychological First Aid. (10 Marks)
- b) Discuss FIVE roles of a supervisor in supporting counsellors engaged in delivering Psychological First Aid services. (10 Marks)

12. Following severe flooding in Budalangi, several families have been displaced to an emergency camp. Survivors report distress, fear, and hopelessness. Mary, a trained PFA counsellor, is deployed to offer immediate support and is required to document all interventions provided.

- a) Describe FIVE reasons why documentation is important when providing Psychological First Aid in disaster situations. (10 Marks)
- b) Examine FIVE challenges counsellors may face when documenting PFA interventions in an emergency camp setting. (10 Marks)

13. A sudden fire outbreak in Muthurwa market has left many traders traumatised and disoriented. James, a trained PFA counsellor, arrives at the scene to provide immediate support. To ensure effectiveness, he must apply the core guiding principles of PFA.

- a) Expound FIVE principles that should guide James in providing Psychological First Aid to survivors. (10 Marks)
- b) Explain FIVE ways in which these principles promote ethical and effective support for disaster survivors. (10 Marks)

14. A community recently experienced a devastating flood, and many survivors are exhibiting fear and confusion. Joseph, a Psychological First Aid (PFA) provider, decides to apply the SAFER-R model to guide his intervention.

- a) Describe how Joseph would apply FIVE stages of the SAFER-R model when supporting the flood survivors. (10 Marks)

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b) Discuss FIVE benefits of using the SAFER-R model in Psychological First Aid.

(10 Marks)

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