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031306T4PSY

COUNSELLING PSYCHOLOGY LEVEL 6

PSY/OS/CO/CR/04/6 Printed By: Amref International Training Center

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Provide Trauma Counselling

July/August 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

1. This paper consists of **TWO** sections: **A** and **B**.
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2. Answer **ALL** questions in section **A** and **ANY THREE (3)** questions in section **B**.
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3. Marks for each question are indicated in the brackets.
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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. A trauma counsellor may identify a number of complicated grief reactions in a client:

- a) Define the term “complicated grief” as used in trauma counselling. (2 Marks)
- b) State THREE reactions commonly observed in clients experiencing complicated grief. (3 Marks)

2. Counsellor Benja was invited to Tumaini Primary School to offer trauma counselling assessment to Grade 6 students experiencing trauma-related issues. Suggest THREE reasons why it was necessary for Benja to conduct psychological testing and assessment among the learners. (3 Marks)

3. A counselling treatment plan is a document that outlines a client’s current psychosocial challenges. Provide THREE key elements typically included in a trauma treatment plan. (3 Marks)

4. A trauma client has the right to be treated professionally by a therapist, in line with World Health Organization (WHO) quality rights. Outline FOUR rights of a client in a mental health facility. (4 Marks)

5. In clinical settings, the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5), is used to provide a comprehensive diagnosis for individuals experiencing trauma. Mention FOUR clinical symptoms of someone who has experienced a traumatic event, according to the DSM-5. (4 Marks)

6. Jane, a student intern at Tarbo Counselling Centre, is under supervision from a qualified professional who emphasises proper documentation. Demonstrate FOUR benefits of keeping accurate records and documentation in trauma counselling. (4 Marks)

7. Kohoot, a 25-year-old man, lost his mother three years ago after a short illness. Since then, he has experienced prolonged grief. Highlight FIVE stages of loss and grief according to Elisabeth Kübler-Ross. (5 Marks)

8. Counsellors can assess recovery in individuals who have experienced trauma by using a continuum of care approach. Identify FOUR areas of such recovery or growth. (4 Marks)

9. Recent findings by the World Health Organization indicate that post-traumatic stress disorders are on the rise in society. Clarify FOUR factors that increase the risk of developing post-traumatic stress disorder (PTSD). (4 Marks)

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10. Victims of gender-based and sexual violence may find it difficult to report past sexual assault, especially when the perpetrator is a close family member. Suggest FOUR reasons why victims may choose not to report such cases. (4 Marks)

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SECTION B (60 MARKS)

Attempt any THREE questions in this section

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11. You have been invited by the principal of Shifuayo Secondary School to offer Psychological First Aid (PFA) after Form Four students set their dormitory on fire. Some students sustained injuries, while others lost property or even life.

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a) Explore FIVE strategies you would use to reduce initial distress using the three action principles of PFA. (10 Marks)

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b) Explain FIVE counselling techniques for addressing loss and grief in trauma counselling. (10 Marks)

12. Individuals who have experienced trauma, especially complex trauma, often find speaking about their experiences emotionally overwhelming. They may feel unsafe both in their bodies and in relationships with others.

a) Illustrate FIVE ways to guide such individuals through recovery using the three phases of trauma recovery. (10 Marks)

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b) Justify FIVE possible causes of complex trauma. (10 Marks)

13. Theories provide a framework for mental health professionals to support clients dealing with trauma.

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a) Analyse FIVE theoretical approaches that trauma counsellors can apply when supporting trauma survivors. (10 Marks)

b) Explore FIVE reasons why a trauma counsellor should be well grounded in theory. (10 Marks)

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14. You are a counsellor-in-training working under the supervision of a qualified professional. During your sessions, your supervisor provides regular feedback and ensures you follow ethical standards.

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a) Reflecting on your experience, discuss FIVE roles of supervision in counselling. (10 Marks)

b) Illustrate FIVE key features of individual supervision in counselling. (10 Marks)