



AMREF INTERNATIONAL TRAINING CENTRE

MODULE II

COUNSELLING LEVEL 5, LEVEL 6

HW/CU/CP/CR/02/5/MA

Psychological First Aid (PFA) Services

WRITTEN ASSESSMENT

Time: 2 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 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)

Answer ALL questions in this section

1. Baraka Rescue Centre personnel is preparing a room for psychological first aid sessions following a road traffic accident involving several community members. Outline THREE aspects to consider when preparing a venue for psychological first aid services. (3 Marks)
2. A counsellor at Uhuru Counselling Centre is supporting a client who reports symptoms associated with persistent fear and worry following a crisis event. Justify FOUR reasons for using an anxiety assessment tool during psychological first aid services. (4 Marks)
3. Following a fire disaster, counsellors at Ujuzi Rescue Centre are planning interventions for affected families. Enumerate FOUR factors that should be considered when developing an intervention plan. (4 Marks)
4. A community affected by flooding requires support from various service providers to address emerging psychosocial needs. Propose FOUR resources that may be mobilized during psychological first aid services. (4 Marks)
5. George, a counsellor is providing support to clients from diverse cultural backgrounds following a community conflict. Suggest FOUR contextual issues that may influence his provision of psychological first aid services. (4 Marks)
6. The management of Harmony Counselling Centre is reviewing methods used to determine whether psychological first aid services are meeting client needs. Enumerate FOUR purposes of evaluating psychological first aid services. (4 Marks)
7. Following the completion of support services for individuals affected by a disaster, a counsellor is required to prepare documentation of the services provided. State FOUR components that should be included in a Psychological First Aid services report. (4 Marks)
8. During a crisis intervention programme, counsellors encounter situations that require application of legal standards. Identify FOUR legal standards that should guide psychological first aid services. (4 Marks)
9. A counsellor at Serenity Mental Health Centre is bringing the Psychological First Aid process to a close, after several follow up sessions. State FOUR steps that may be undertaken during the termination of Psychological First Aid services. (4 Marks)
10. Following a market fire, counsellors at Harmony Counselling Centre are implementing support services for affected traders and their families. Name FIVE strategies that may be used when providing psychological first aid services to clients affected by a crisis. (5 Marks)

SECTION B (60 MARKS)

Answer THREE Questions in this section

11. Following a fire outbreak in a local market, counsellors at Suco Counselling Centre were assigned to provide Psychological First Aid services to traders and their families. As part of the intervention, they were required to deliver psycho-education and uphold professional standards while supporting affected individuals.
 - a. Discuss FIVE considerations that should guide the delivery of psycho-education during Psychological First Aid services. (10 Marks)
 - b. Explain FIVE ethical and legal standards that should be adhered to during the provision of Psychological First Aid services. (10 Marks)
12. Following a building collapse, several survivors are brought to Bora Rescue Centre for psychosocial support. Due to the large number of affected individuals and limited resources, the counselling team is required to prioritize Psychological First Aid (PFA) services based on the urgency and vulnerability of those affected.
 - a. Describe FIVE groups of people who should be prioritized for Psychological First Aid services in this situation. (10 Marks)
 - b. Elaborate FIVE reasons why prioritization is important in the provision of Psychological First Aid services during emergencies. (10 Marks)
13. Psychological First Aid (PFA) is a critical intervention used to support individuals affected by emergencies and traumatic events. Different psychological theories/models inform how counsellors understand client reactions and guide their interventions during PFA.
 - a. Explore FIVE steps that are used in RAPID model in the provision of Psychological First Aid services. (10 Marks)
 - b. Discuss FIVE benefits of applying psychological theories in provision of psychological first aid services. (10 Marks)
14. Following a community conflict, Uzuri Wellness Centre provided Psychological First Aid services to affected individuals. As the intervention progressed, counsellors identified clients with varying needs. The center recognized the importance of collaborating with other professionals and agencies.
 - a. Examine FIVE reasons why client referrals are important at Uzuri Wellness Centre. (10 Marks)
 - b. Explore FIVE challenges that Uzuri Wellness Centre counsellors may encounter when referring clients to other service providers during Psychological First Aid services. (10 Marks)