

**Qualification Code:**

**Unit title :TRAUMA COUNSELING LEVEL 6**

**Unit Code :PSY/CU/CO/CR/04/6**

**Unit of Competency :PROVIDE TRAUMA COUNSELING.**



**AMREF INTERNATIONAL TRAINING CENTER**

**CANDIDATE WRITTEN ASSESSMENT**

**INSTRUCTIONS TO CANDIDATE**

1. You have **THREE** hours to answer all the questions.
2. Marks for each question are indicated in the brackets.
3. The paper consists of **TWO** sections: A and B.
4. Do not write on the question paper.
5. A separate answer booklet will be provided.

*This paper consists of FIVE (5) printed pages*

*Candidates 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. Counseling rooms are usually prepared as per the counseling standards guidelines. Identify four items found in the counseling room. (4marks)
2. James has been attending counseling sessions at Kasarani counseling center, during his second session the therapist recommended a referral to see a doctor at Mathari Hospital. Highlight four reasons why a therapist should refer a traumatized client. (4marks)
3. Trauma is becoming a very common mental health manifestations in the society today. Highlight five examples of traumas in the population we work with. (5marks)
4. During a counseling session, the therapist can use different skills to attend to the client and to have a better flow of the session without losing concentration or diverting from the main presenting issues. Outline five attending behaviors that counsellor should portray to the traumatized client. (5marks)
5. Trauma counseling needs different approaches and psychotherapies depending with the presenting issues. State four recommended psychotherapies of trauma. (4 marks)
6. Waceke a diploma student at Nairobi university has been having issues with her boyfriend who occasionally is having sexual affairs with her female friends, using abusive words to her and hacking her phone messages. She comes to Joan who is trauma specialist for the psychological support. Provide 3 key elements that Joan must include on her treatment plan. (3 marks)
7. Bio data intake is very important before start of trauma counseling sessions. Provide four elements of the bio data form. (4marks)

8. In Amani counseling offices, counsellors are emphasized to first do assessment to clients before providing any interventions, interventions are helps in clinically diagnosing the presenting issues for better treatment plans. Identify five types tools used in trauma assessment.

(5 marks)

9. Loss and grief are common issues presented in trauma counseling but they mean different things. Give two differences between loss and grief.

(2 marks)

10. According to Kubler-Ross, loss and grief takes place in five coherent stages within an individual. Enumerate five stages of loss and grief.

(5 marks)

### **SECTION B (60 MARKS)**

*Answer only three questions*

11. Joy a second-year student at kangemi University has been very self- isolating within the campus. Her friends say she has extreme distress, self-cutting, nightmares and she talks of going to “heaven”. Joys has severally attempted suicide in the hostel and at home. As a trauma counsellor, joy has been brought to you by the class representative for help. and disruption of daily life that happens after exposure to a traumatic event. Explain the following;

a) Explain five risk factors of suicide among university students. (10 marks).

b) Discuss two theories that can be integrated in counseling Joy. (4 Marks)

c) Elaborate three Trauma counseling Techniques that you would use in counseling Joy

(6marks)

12. Trauma is very common today in the society and it have various impacts on individual and children.

a) Discuss five impacts of trauma on individual. (10marks)

b) Explain Five impacts of trauma on children. (10 marks)

13. Lillian is a 24-year-old young lady, is referred to you by her attending Doctor for psychological assessment. According to the Doctor's report, Lilian has been admitted in hospital for the last one week for treatment after she attempted suicide by taking an overdose of some prescription drugs she was taking. Her eyes looked teary and her speech was that of deep despondency and her face was downcast. This is what she says. I have been feeling very sad most of the time. I constantly think about suicide, my life has lost meaning and I have no will power to live and I just wish I could die.

a) As a trauma counselor Explain five counselling skills you would use in counseling Lilian. (10marks)

b) Describe two trauma theories, showing their key elements and applications that would integrate in dealing with Lilian. (10marks)

14. There are various psychotherapies used in trauma counseling.

a) Discuss Five key elements and concepts of cognitive behavioral therapy. (10 marks)

b) With relevant examples describe FIVE applications of cognitive processing therapy in trauma counseling. (10 marks)

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