

031306T4PSY

COUNSELLING PSYCHOLOGY LEVEL 6

PSY/OS/CO/CR/04/6

Provide Trauma Counselling

March/April 2025



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

WRITTEN ASSESSMENT

Printed By: Amref International Training Center

Date: 28.03.2025 07:33 AM

Time: 3 HOURS

INSTRUCTIONS TO CANDIDATE

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.

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. When working with clients and agencies that support traumatized individuals, counsellors may experience burnout or compassion fatigue. Distinguish between burnout and compassion fatigue by stating TWO key differences experienced by trauma counsellors. (4 Marks)
2. Cynicism, emotional and physical exhaustion are indicators of burnout. Describe FOUR common causes of burnout among trauma counsellors. (4 Marks)
3. A thorough understanding of assessment tools is essential for effective trauma counselling. Identify FOUR assessment tools that a trauma counsellor should prepare before a session. (4 Marks)
4. As a newly employed counselling team leader in an agency offering trauma counselling, you discover that the counsellors have not been attending supervision. Provide FOUR justifications to your manager on why counsellor supervision is crucial for the team. (4 Marks)
5. Mike has been receiving trauma counselling after his house was destroyed in a fire. He has completed five sessions with his counsellor Joseph. Explain FOUR reasons why Joseph should allow Mike to evaluate the trauma counselling process. (4 Marks)
6. Clarity of goals is essential in trauma counselling. State FOUR goals that may guide a trauma counsellor's work with clients. (4 Marks)
7. Cognitive Behavioural Therapy (CBT) has been proven effective in trauma treatment. Elaborate on the following CBT techniques in relation to trauma counselling:
 - a. Relaxation training (2 Marks)
 - b. In vivo desensitization (2 Marks)
8. Termination is a vital phase in trauma counselling. List FOUR benefits of a healthy termination process in a therapeutic relationship. (4 Marks)
9. Clients recovering from trauma require continuous support and follow-up services. Mention FOUR components of the continuum of care that could be recommended based on the type of trauma. (4 Marks)
10. James has been invited to provide trauma counselling to a family that has experienced multiple losses in two months. Describe FOUR advantages of preparing a treatment plan for the family. (4 Marks)

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

11. When Counsellor Robert lost his wife to breast cancer three years ago, he felt compelled to support other cancer survivors and their families. Two years ago, he was employed by Mt. Olive Hospital, where he facilitates a mandatory breast cancer support group. However, he has no medical background and feels inadequate in discussions about cancer. Lately, he has developed a strong liking for Karemba, a group member, and has even taken her to exclusive dinners. After sessions, he engages in personal conversations with her, sometimes disclosing private details from the group. During group meetings, he often shares personal struggles and at times feels overwhelmed by memories of his wife.

- a) Illustrate FOUR ethical issues arising from Robert's behaviour. (8 Marks)
- b) Using examples, discuss THREE self-care strategies Robert can adopt to minimize his unethical behaviour. (6 Marks)
- c) Justify THREE benefits of working with trauma survivors in a group setting.

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(6 Marks)

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12. Jezebel has been referred to you by her Human Resources Manager (HRM), who is considering terminating her employment. Upon meeting Jezebel, you learn that she had borrowed a large loan to expand her transport business. However, she lost a brand-new vehicle in a highway robbery where she was abducted, raped, and forced to pay a ransom for her release. She could no longer service her loan, and eight months ago, her business was auctioned. Three months later, her father, her primary support system, died of a heart attack. Jezebel reveals that she has been experiencing irregular and heavy menstrual periods. Further assessment shows that she is actively suicidal, and you diagnose her with Post-Traumatic Stress Disorder (PTSD).

- a) Justify TWO assessment tools you would use to make your diagnosis. (4 Marks)
- b) Analyze the type of trauma Jezebel is experiencing. (2 Marks)
- c) Examine TWO reasons that may necessitate a client referral in Jezebel's case. (6 Marks)
- d) Describe FOUR benefits of preparing a treatment plan for Jezebel. (8 Marks)

13. Judy, a senior accountant in a leading bank, has been married for ten years to a lawyer. Their attempts to conceive were unsuccessful until she underwent fertility treatment,

which led to a successful pregnancy. An ultrasound revealed twins, bringing excitement to their marriage. However, in the fifth month, Judy miscarried, and her husband left, saying he could not bear living with a ‘barren’ woman.

- a) Illustrate the FOUR tasks of John Worden’s grief counselling model that could support Judy. (8 Marks)
- b) Explore FOUR symptoms of trauma that you may observe in Judy. (4 Marks)
- c) Give TWO justifications for how psychoeducation can help Judy manage her trauma effectively. (4 Marks)
- d) Discuss TWO benefits of using relationship-building skills while counselling Judy. (4 Marks)

14. Triza has been in an abusive relationship with Mike. Despite advice from friends and relatives to leave, she remains confused and trapped. She describes Mike as loving at times, making it difficult for her to leave. Recently, Mike has been unfaithful, and when she confronted him, he knocked out one of her teeth and threatened to kill her if she told anyone.

- a) Trauma bonding can make it difficult for a victim to leave an abusive relationship. Illustrate FOUR characteristics of trauma bonding. (8 Marks)
- b) Identify THREE components of a treatment plan for Triza’s case. (6 Marks)
- c) When preparing to provide trauma counselling, it is important to explain the boundaries of confidentiality. Justify this statement with reference to Triza’s case. (2 Marks)
- d) Explore TWO theories the counsellor can employ to support Triza in the counselling process. (4 Marks)