

031306T4PSY

COUNSELING PSYCHOLOGY LEVEL 6

PSY/OS/CO/CR/04/6

Provide Trauma Counselling

Nov/Dec 2024



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

WRITTEN ASSESSMENT

TIME: 3 HOURS

INSTRUCTIONS TO CANDIDATE

1. The paper consists of **TWO** sections: **A** and **B**.
2. Marks for each question are indicated in the brackets.
3. Candidates are provided with a separate answer booklet
4. **DO NOT** write on this question paper.

This paper consists of (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 the questions in this section.

1. Clinicians state that it is not trauma itself that causes damage. It is how the individual's mind and body react in its own unique way to the traumatic experience in combination with the unique response of the individual's social group. List FOUR characteristics of traumatic experiences. (4 marks)
2. A growing body of research has established that young children may be affected by events that threaten their safety or the safety of their parents/caregivers, and their symptoms have been well documented. Highlight THREE types of child trauma. (3 marks)
Physical assault, Sexual abuse, Neglect from caregivers
3. Traumatic stress can cause very strong reactions in some teenagers and may become chronic. List FIVE signs that may indicate the need for professional counseling of a traumatized teenager. (5 marks)
Depression, Anxiety, Irritability, Changes in mood, Changes in behavior
4. Eliza, a trauma therapist has been invited to a school to offer trauma counseling to students who survived dormitory fire. State FOUR factors to consider in preparing a trauma therapy room. (4 Marks)
The location of the room, The size of the room, The lighting, The sound
5. Trauma client's health care plan is important, serious cases may be eligible for further care sessions from psychiatrists. List THREE traumatic conditions that may require referral for specialized treatment. (3 marks)
PTSD, Major Depressive Disorder, Bipolar Disorder
6. Various models have been used to understand post-traumatic stress reactions. Each model is partially successful necessitating use of an integrative approach. Name FIVE models of post traumatic disorder. (5 marks)
Biological, Psychological, Environmental, Social, Cultural
7. Trauma counselling involves competences that are required to help individuals stabilize after going through critical incidents that are life threatening. List FOUR life threatening events that require trauma counseling competences. (4 marks)
Natural disasters, Human-made disasters, Terrorism, War
8. In trauma patients, the intrusive thoughts are typically memories from traumatic experiences that come at unexpected and unwanted times. State FIVE determinants of trauma experiences. (5 marks)
Severity of the event, Proximity to the event, Duration of the event, Helplessness, Escape
9. The loss of a loved one may be a traumatic event that can cause disruptions similar to Post Traumatic Stress Disorder. This is classified as complicated bereavement. State THREE symptoms of complicated bereavement. (3 Marks)
Intense longing for the deceased, Preoccupation with thoughts of the deceased, Inability to move forward
10. Counsellor Jed is planning to meet client Joseph, who has been experiencing sleep disturbances after a fatal accident. Confidentiality is one of the key elements of a contract. List FOUR key elements of a contract when dealing with a traumatic client. (4 marks)
Confidentiality, Informed consent, Termination, Referral

SECTION B: (60 MARKS)

Answer Any THREE Questions in this section

11. A sudden bereavement is more likely to result in traumatic grief reactions than an expected bereavement. These can vary between individuals in terms of type and intensity.
- a) Describe FIVE reactions that one may experience after sudden bereavement (10 marks)
 - b) Explain FIVE differences between complicated bereavement and Post Traumatic Stress Disorder (10 marks)
12. Psychological debriefing is a short-term intervention following a traumatic event that is meant to address psychological disturbance among the survivors.
- a) Discuss FIVE benefits of psychological debriefing as a trauma intervention (10 marks)
 - b) Discuss FIVE roles of group therapy in trauma counseling. (10 marks)
13. Psychological assessment interview is designed to provide information to help the counsellor assess their clients.
- a) Discuss SIX areas you would like to know about a traumatic client. (12 marks)
 - b) Psychotic symptoms are common among people with Post Traumatic Stress Disorder. Describe FOUR symptoms of a client with psychotic disorder. (8 marks)
14. Childhood traumatic experiences are influenced by domestic violence and hence all services working with domestic violence survivors need to be trauma informed.
- a) Explain SIX principles that would guide the building of a trauma informed practice for families with domestic violence. (12 marks)
 - b) Explain FOUR reasons why a traumatized teenager may not openly share his/her feeling with his/her parents. (8 marks)

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