



PAC INSTITUTE OF TECHNOLOGY AND SOCIAL STUDIES JANUARY TO APRIL ASSESSMENT

FORMATIVE ASSESSMENT

Qualification : COUNSELLING PSYCHOLOGY LEVEL 5
Code : **PSY/0S/CO/CR/03/5**
Unit of Competency : PSYCHOLOGICAL FIRST AID EXAMS

WRITTEN ASSESSMENT

TIME: 3 HOURS

INSTRUCTIONS TO THE CANDIDATE:

- 1. Read all the instructions carefully before attempting the questions.*
- 2. This paper consists of two sections, A & B.*
- 3. You are allowed 3 Hours to Answer the questions.*
- 4. Marks for each question are indicated in brackets.*
- 5. Write your responses in the Separate Answer booklet provided.*
- 6. Do not write anything on this question paper.*

SECTION A: (40 MARKS)

Answer all the questions in this session

1. Define the following terms:
 - a) Psychological First Aid (PFA) (2 marks)
 - b) Psychological crisis (2 marks)
 - c) Stress (2 marks)
2. List and briefly explain any three components of PFA. (6 marks)
3. Highlight three principles of providing psychological first aid. (6 marks)
4. Name four types of crises and provide a brief example for each. (8 marks)
5. Describe five common emotional or physical reactions to traumatic events. (5 marks)
6. Mention five key roles of a PFA provider during a crisis intervention. (5 marks)
7. Identify two ethical considerations when dealing with victims of trauma, such as abuse or violence. (2 marks)
8. Explain the term "psychological triage" and its importance in PFA. (4 marks)

Section B (60 Marks)

Answer any three questions from this section.

1. PFA require some specific counselling skills and techniques so as to assess the underlying issues
 - a) Explain 5 techniques of CBT that you will use to help your client (10marks)
 - b: How can a PFA provider assess for potential risk factors, such as suicidal thoughts, during an initial encounter with an affected individual? (10 marks)
2. **Cultural Sensitivity in PFA:**
 - a) Identify five cultural factors to consider when providing psychological first aid in diverse communities. (10 marks)
 - b) Discuss how cultural misunderstandings can hinder effective crisis intervention, using examples. (10 marks)
3. **Crisis Management in Organizations or Communities:**
 - a) Analyze five strategies for effectively managing crises in organizations or communities, with relevant examples. (10 marks)
 - b) Highlight the role of collaboration between counselors and other service providers during crises. (10 marks)
4. **Self-Care for PFA Providers:**
 - a) List and explain five self-care practices that PFA providers should adopt to maintain their well-being during and after crisis interventions. (10 marks)
 - b) Discuss how burnout can affect the quality of care provided by first responders and suggest ways to prevent it. (10 marks)
5. **Case Study Analysis:**

Maria, a 30-year-old teacher, has been experiencing anxiety after surviving a natural disaster that destroyed her home and school:

 - a) Outline four steps you would take to provide psychological first aid to Maria, based on the principles of PFA. (8 marks)
 - b) Discuss how you would ensure Maria's long-term recovery through referrals and follow-up services. (12 marks)