



PAC INSTITUTE OF TECHNOLOGY AND SOCIAL STUDIES SEPTEMBER – DECEMBER 2024 ASSESSMENT

FORMATIVE ASSESSMENT

Qualification Code : 031306T4PSY
Qualification : COUNSELLING PSYCHOLOGY LEVEL 6
Code : PSY/OS/CO/CR/02/6
Unit of Competency : PROVIDE TRAUMA COUNSELLING SERVICES

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 questions in this section.

1. Explain the following terms: (6 Marks)
 - a) Trauma
 - b) Stress
 - c) Post-traumatic Stress disorder
2. Identify FIVE behavioral symptoms of clients who have experienced trauma incidences (5 Marks)
3. Mention FIVE ways a trauma counsellor can avoid burnout (5 Marks)
4. Mention FIVE ethical characteristics of professional trauma counsellor (5 Marks)
5. Outline FOUR reasons for terminating trauma therapy (4 Marks)
6. Highlight the THREE stage treatment process (3 Marks)
7. Identify any FOUR tools used in trauma counselling (4 Marks)
8. Give FOUR information details collected in intake form (4 Marks)
9. At some point, a counsellor may choose to refer a client in a Trauma for further support. Highlight FOUR reasons for referral. (4 Marks)

SECTION B: (60 MARKS)

Answer any THREE questions in this section.

Question 10

- a. Describe **five** therapeutic techniques under Cognitive Behavioral therapy (CBT) that a trauma counsellor can apply in trauma clients (10 Marks)
- b. Illustrate **five** behavioral reactions observed in a client who has gone through rape (10 Marks)

Question 11

- a. Explain **five** benefits of trauma therapy for trauma clients (10 Marks)
- b. Describe **five** types of trauma experienced in children (10 Marks)

Question 12

- a. Explain **five** defense mechanisms a trauma counsellor can portray (10 Marks)
- b. Discuss **five** behavioral symptoms of trauma clients and how you can help them as a counsellor (10 Marks)

Question 13

- a. Discuss **five** services offered by trauma centers in the world (10 Marks)
- b. Explain **five** factors that increase the risk of developing Post Traumatic Stress Disorder(PTSD) (10 Marks)