



PAC INSTITUTE OF TECHNOLOGY AND SOCIAL STUDIES

JANUARY – APRIL 2025 ASSESSMENT

FORMATIVE ASSESSMENT

Qualification Code : **0313064PSY**
Qualification : **COUNSELLING PSYCHOLOGY LEVEL 6**
Code : **PSY/OS/CO/CR/10/6**
Unit of Competency : **ADOLESCENT COUNSELLING**

WRITTEN ASSESSMENT

TIME: 3 HOURS

INSTRUCTIONS TO THE CANDIDATE:

- 1. Read all the instructions carefully before attempting the questions.*
- 2. Answer all questions in section A. In Section B, answer Question 11 (compulsory) and any other TWO questions.*
- 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.*

Do not write anything on this question paper

SECTION A [40 MARKS]

Answer all the questions in this section

1. Identify Two (2) categories of trauma that may occur to an individual, a group, community, or mass of people (2 Marks)
2. State FIVE emotional reactions to trauma (5 Marks)
3. Identify any FOUR (4) ways in which a person may acquire ASD (Acute Stress Disorder) (4 Marks)
4. You have a client that you suspect to have trauma related stress. Mention any FIVE (5) areas you would assess for inclusion in the bio data (5 Marks)
5. A client, a survivor of trauma is having problems sleeping. Suggest any (5) FIVE ways they can use to cope and reduce the problem. (5 Marks)
6. State THREE (3) Co-Occurring relationships between PTSD and substance use disorders (3 Marks)
7. List any FIVE (5) diagnostic instruments that can be used to assess the client in trauma counselling (5 Marks)
8. State any FIVE (5) ethical and legal issues that are considered when dealing with a client who is a minor at secondary school level . (5 Marks)
9. You have been called to provide immediate intervention to families evacuated by a mudslide. Identify any FOUR (4) psychological actions that can be done at the site of the disaster (4 Marks)
10. Mention any TWO (2) symptoms that can be treated using the Exposure Therapy (2 Marks)

SECTION B(60 MARKS)

(Answer any THREE (3) questions in this section)

11. a. People respond in different ways to trauma. Explain FIVE reasons teenagers may not want to share their feelings with their parents (10 Marks)
b. Describe the effects of trauma on the brain and memory (10 Marks)
12. a) Explain any FIVE (5) symptoms of PTSD as described in the DSM -5 Criteria (10 Marks)
b) Discuss how you can help a client with PTSD (10 Marks)
13. a) A client reveals that he has been involved in a car accident three years ago. He has been having flashbacks of the scene of the accident. Describe the process of assessing this client for trauma (10 Marks)
b) Discuss five risk factors that determine the effect of trauma in a child (10 Marks)
14. a) The loss of a loved person through bereavement can lead to trauma due to chronic grieving. Describe FOUR (4) ways a counsellor help the client accept and address the grief (8 Marks)
b) A counsellor can develop secondary traumatization after working with clients with trauma. Describe ways of preventing the secondary traumatization (12 Marks)