



**PAC INSTITUTE OF TECHNOLOGY AND SOCIAL STUDIES
MAY TO AUGUST 2025. ASSESSMENT**

FORMATIVE ASSESSMENT

Course : COUNSELING PSYCHOLOGY
Level : 5
Unit of Competency : PSYCHOLOGICAL FIRST AID 2 [SEPT 24]

**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. Identify four things you as service provider you can do as a way of self-care during the provision of PFA. (4 marks)
2. Outline four the goals of PFA. (4 marks)
3. Enumerate four benefits of PFA after a critical incident has happened. (4 marks).
4. List four groups of people Who can provide PFA. (4 marks)
5. Psychological first aid differs from tradition first aid outline four ways. (4 marks).
6. Outline any four forms of practical assistance you can give after a crisis has happened and a PFA helper. (4 marks).
7. Highlight four things to consider when giving psychological first aid to children. (4 marks)
8. List four groups of individuals who are considered as risk populations during PFA. (4 marks).
9. Highlight four signs of distress after a crisis. (4 marks.).
10. Identify four types of crisis that may need PFA. (4 marks).

SECTION B: (60 MARKS)

Answer any THREE questions in this section.

11.

One day Kamau was moving from town to him, on his way he had a bang followed by a very loud voice. He was very scared but a few minutes later he saw a crowd of people running towards a certain direction. He went also to see what has happened it was a very serious accident involving a Nissan and a lorry. Kamau as a PFA service provider there are some things he may do and others don't.

Discuss 5 do's and 5 don'ts that he must ensure when providing his services. (20 marks)

12.

In any traumatic experience there is always a special population which if not taken care can be the most affected group.

a) Discuss five special groups and how you can help them as a Psychological first aid helper. (10 marks)

b) There are some instances when offering PFA services needs you to refer a client; explain them. (10 marks)

13.

You have been invited by the district educational officer to give a talk to a conference about PFA. Discuss ten qualities of a good psychological first aid counsellor. (20marks)

14.

In a certain village near Kiambu town there was a man-made dam and people had been warned that during heavy rains it can break. So, they were given time to evacuate. Unfortunately, some could not take it seriously, Heavy rains started and the dam broke so it was chaotic loss of lives and property, displacement and a lot of psychological problems.

a) Critically discuss five main core actions of PFA. (10marks).

b) Explain five precautions a PFA provider must do to help people with disabilities in that incident (10 marks)