



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

FORMATIVE ASSESSMENT

:

Qualification : COUNSELLING PSYCHOLOGY LEVEL 5

Code :PSY/0S/CO/CR/03/5

Unit of Competency : PSYCHOLOGICAL FIRST AID EXAMS 1
[JAN 2025 / MAY 2025]

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)

Attempt all the questions in this session

1. Explain the following terms:
 - a) Psychological First Aid (PFA) (2 marks)
 - c) Stress (2 marks)
2. List FOUR importance of PFA Counselling (4 marks)
3. Highlight FOUR ethical standards when providing psychological first aid. (4 marks)
4. Name four Cultural Barriers that a counsellor encounters when offering PFA Counselling services (4 marks)
5. Explain FOUR common emotional or physical reactions to traumatic events. (4marks)
6. Mention FOUR key roles of a PFA provider during a crisis intervention. (4 marks)
7. Highlight FOUR preparation that a counselor should do before starting a counselling services (4marks))
8. Explain the term "psychological triage" and its importance in PFA. (4 marks)
9. Outline FOUR details that are PFA counselor takes during the intake time (4 Marks)
10. Explain Four Reasons why a PFA Counselor should refer a client to another counselor (4 Marks)

Section B (60 Marks)

Attempt any three questions from this section.

11; 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)

12 a) Identify FIVE cultural factors to consider when providing psychological first aid in diverse communities. (10 marks)

b)With Relevant Examples, Discuss how cultural misunderstandings can hinder effective crisis intervention, (10 marks)

13 a) Analyze FIVE strategies for effectively managing crisis in organizations or communities, with relevant examples. (10 marks)

b) Highlight the role of collaboration between counselors and other service providers during crisis. (10 marks)

14 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 Counselors and suggest ways to prevent it. (10 marks)

15 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)