

031306T4PSY

COUNSELLING PSYCHOLOGY LEVEL 6

PSY/OS/CO/CR/04/6

Provide Trauma Counselling

July/August 2025



TVET CURRICULUM DEVELOPMENT, ASSESSMENT AND CERTIFICATION COUNCIL
(TVET CDACC)

PRACTICAL ASSESSMENT

INSTRUCTIONS TO THE VERIFIER

You are expected to read the following excerpt and brief the client on the expected emotional and behavioural expression as per the excerpt.

INSTRUCTIONS TO THE PERSON ACTING AS THE CLIENT

1. Rehearse the following excerpt, which captures the content of what you will present to the counsellor in a simulated situation where you act as a client.
2. You have 10 minutes to read and understand the excerpt.

EXCERPT

Emily is a 29-year-old graphic designer and the third-born in a family of nine. Over the past four months, her performance at work has significantly deteriorated. She has been experiencing frequent nightmares in which her father sexually assaults her and reprimands her whenever she disobeys him. These dreams are rooted in real experiences from her childhood, which she endured repeatedly. The memories evoke intense fear and send chills throughout her body.

Lately, Emily has become highly emotional, unpredictable, irritable, hypervigilant, and easily angered. She was referred for counselling following a noticeable decline in her mental health, which has been negatively impacting her work performance and social interactions.