



PAN AFRICA CHRISTIAN UNIVERSITY
END SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COUNSELING

SEPTEMBER-DECEMBER 2016

CAMPUS: ROYSAMBU

DEPARTMENT: COUNSELING

COURSE CODE: COU3133

COURSE TITLE: TRAUMA COUNSELING

EXAM DATE: THURSDAY 8th DECEMBER 2016

TIME 9.00AM-12.00PM

INSTRUCTIONS

- Read all questions carefully before attempting.
- Write your **student number** on the answer booklet provided.
- **Answer question 1 in Section A and any TWO questions in section B.**

SECTION A: A is Compulsory (30 Marks)

QUESTION 1

- a) Analyze with examples four types of stress (10 Marks)
- b) Outline five healthy ways of stress management. (5 Marks)
- c) Discuss any four factors that determine the healing process of an abuse client. (8 Marks)
- d) Using a diagram, illustrate the cycle of abuse. (7 Marks)

SECTION B Answer any TWO questions in this section (30 Marks)

QUESTION 2

- a) Summarize with examples the four elements of Crisis Counseling? (8 Marks)
- b) Using one paragraph for each, analyze the four most important things a counselor must offer a survivor of trauma. (7 Marks)

QUESTION 3

- a) Analyze the THREE classifications of Post Traumatic Stress Disorder Symptoms. (9 Marks)
- b) Evaluate the three stages of pregnancy crisis and the various four emotional reactions. (6 marks)

QUESTION 4

- a) Explain what a crisis and trauma counselor must do to be multicultural competent. (6 Marks)
- b) Argue reasons group counseling is a good option for trauma clients. (9 Marks)

QUESTION 5

Kimenyi and his girlfriend Karemba are youth leaders in your local Church. They have come to you for counseling because Karemba is three months pregnant. They are afraid of what will be of them if their parents and the church leaders get to know about the crisis. Kimenyi is a third medical student at the university and Karemba is a second year student at the same university pursuing family law. Kimenyi knows senior students and health providers who are willing to assist his girlfriend procure an abortion. Karemba does not want to have an abortion but she is afraid that having a baby will disrupt her education and add to the financial burden on her parents. She is also worried that procuring an abortion will lead to temporarily madness something she witnessed last year with her campus roommate.

- a) Define abortion and describe THREE methods used to procure abortion and THREE possible effects of abortion to a client. (10 Marks)

- b) Describe options available for Kimenyi and Karembo and your intervention plan (5 Marks)