



SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

DEPARTMENT OF PSYCHOLOGY

END OF SEMESTER EXAMINATION

FOR THE

MASTER OF ARTS IN COUNSELING PSYCHOLOGY

MAY-AUGUST 2022 TRIMESTER

CAMPUS: ONLINE EXAMINATION

COURSE CODE: MCP 508

COURSE TITLE: LOSS, GRIEF AND TRAUMA

EXAM DATE: (Insert the date and day)

DURATION: 3 HOURS

TIME:

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your STUDENT NUMBER in the Answer Booklet given
- This Exam has TWO SECTIONS
- SECTION A is Compulsory.
- Answer **ANY TWO** questions in **SECTION B**
- *Write clearly and legibly.*

SECTION A: Q1 COMPULSORY (20 MARKS)

Q1. Case Study

Sarah and Frank have been married for 36 years and are blessed with three children Melinda 19 years, Rose 12 years and Kevin 6 years of age. Sarah and Frank have been working in the company of Toyota team where Frank drives Sarah to various places as chief sales manager. Melinda walks to a nearby university for her studies. Rose spends most of her time in a boarding school where the other members of the family make frequent visit to know how she is and about her academic progress while Kevin is dropped and picked by the parents from a nearby kindergarten. Two weeks ago, Frank complained of some abdominal pains and was diagnosed with renal stones. He was treated and family assured that soon Frank would be okay after medication. On Sunday Morning while bathing, there was a big bang and Sarah rushed only to find Frank on the floor. She called for help and the neighbor took Frank to the hospital where family doctor examined and declared Frank was dead. Sarah received the sad news and became numb. She was only crying sporadically, lost appetite and lost touch with everything around her. Melinda spent most time in her room and nobody seemed to care more about her. Kevin kept on playing with his late father's laptop wondering when the father would come back and join the game as usual. Four months after the funeral, Sarah visits the cemetery twice a week and seems quite forgetful on many issues. She spends sleepless nights wondering around the house and spends most time reminiscing about her life with Frank, his illness and finally death. She declares that her life will never come back to normal. Sarah's doctor refers her to your counselling clinic for some help.

- a).** Describe four situations or mediating factors that you would address that may have determined the duration and nature of grief with Sarah. (8 marks)
- b)** Using an example, discuss two way of helping Sarah cope with tangible and intangible types of losses (4mks)
- d)** Citing the case study, explain four possible signs of complicated grief you would observe among the children Rose, Melinda and Kevin (8Mks)

SECTION B: ANSWER ANY TWO QUESTIONS FROM THIS SECTION

Q2. You have been invited as a professional counsellor to spend one hour with a mourning family after a tragic death of one of the family members.

a). Using Worden's Grief Model, describe four distinct tasks of mourning you would refer to.

(4 mks)

(b) In the view of Kobbler Ross grief theory explain two normal and two abnormal reactions to the loss you would diagnose and consequent interventions for grieving family (6 marks)

Q3. (a) Children and adolescents undergo a most traumatic experience when a parent dies, and also they experience grief in response to the death/loss of other loved ones.

Illustrate four (4) factors that determine the personal grief levels among children or adolescents..

(4 marks)

b) Explain three ways a counsellor can support children in dealing with grief. (6 marks)

Q4. Citing examples discuss three roles of religion on consolation to the bereaved. (6 Marks)

b) Using examples, give four ways in which cultural rituals are used as therapeutic interventions during grieving and mourning period in a given ethnic group in Kenya.

(4 marks)

Q5 a) Highlight Four behavioral indicators for individuals suffering from unresolved grief and Loss. (4 marks)

b) Describe three interventions or strategies a grief and loss counselor would use in assisting Individuals suffering from unresolved loss and grief. (6 marks)