



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

**END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN CRIMINOLOGY AND SECURITY
LEADERSHIP**

MAY-AUGUST 2025 TRIMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: COMMUNITY DEVELOPMENT

COURSE CODE: BCSL 218

COURSE TITLE: CRISIS AND TRAUMA COUNSELING

EXAM DATE:

DURATION: 3 HOURS

TIME:

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- **Answer any TWO questions**
- *ALL PAC University's examination rules and regulations apply*

QUESTION 1

A Kenyan Gen Z survivor of a recent violent assault is seeking trauma counseling. They report experiencing flashbacks, hypervigilance, and avoidance of places associated with the trauma.

- a) Discuss **five** mental health challenges faced by Kenyans during the recent Gen Z demonstrations **(10marks)**.
- b) Analyze **two** roles prayers play in providing comfort and guidance for individuals experiencing crises from a biblical perspective **(4marks)**.
- c) Explain **three** ways how trauma-informed care can be effectively delivered in the aftermath of a natural disaster **(6marks)**.

QUESTION 2.

You are a crisis counselor working in a diverse urban area. A local high school has experienced a traumatic incident, and you have been asked to provide crisis support to students.

- a) Justify **three** steps you would take to ensure that you are culturally sensitive during your interactions with the students from various cultural backgrounds **(6marks)**.
- b) Explain **three** points on how church leaders can utilize Biblical teachings to offer emotional support to individuals affected by floods as a natural disaster **(6marks)**.
- c) Discuss **two** ways on how sustainable rebuilding practices can be implemented to mitigate future risks and enhance community resilience **(4marks)**.
- d) A client has been working through the recovery process after surviving a natural disaster. They express a desire to find meaning in their experience and move forward positively.
- e) Explore **two** ways how resilience can be fostered in the recovery process **(4marks)**.

QUESTION 3

Case Scenario.

John, a 45-year-old man, lives in a small town that recently experienced a severe flood. The disaster resulted in significant property damage, displacement of residents, and loss of life. John lost his home and all his belongings in the flood. He is currently staying at a temporary shelter set up by local authorities. John is experiencing acute stress and is visibly distressed when he meets the crisis counselor.

- a) As a crisis counselor, discuss **three** key principles of crisis intervention you would apply **(6marks)**.
- b) Analyze **three** ethical considerations involved in crisis intervention **(6marks)**.
- c) Examine **two** roles of the government in supporting the crisis recovery process in Kenya **(4marks)**.
- d) Demonstrate **two** practical steps counselors can take to help individuals strengthen their faith during times of crisis **(4marks)**.