



PAN AFRICA CHRISTIAN UNIVERSITY

BACHELOR OF ARTS IN COUNSELING

END OF TERM EXAMINATION (SEPT-DEC 2016)

CAMPUS: VALLEY ROAD

DEPARTMENT: COUNSELING

COURSE CODE: COU3133

COURSE TITLE: TRAUMA COUNSELING

EXAM DATE: MONDAY 5th DECEMBER 2016

TIME 5.30PM-8.30PM

INSTRUCTIONS

- Read all questions carefully before attempting.
- Write your **student number** on the answer booklet provided.
- **Answer any Three Questions out of the Five provided.**
- Question One Is Compulsory. Answer Any Two Questions In Section B

Question 1

- a) Define the term trauma? (2mks)
- b) Explain any four major causes of psychological trauma (8mks)
- c) Describe the normal sequence of traumatic stress reaction and recovery (6mks)
- d) Distinguish between complex and medical trauma' (4mks)
- e) Discuss why an event can be traumatic to one person and not to another using antecedent factors to psychological trauma (10mks)

Question 2

- a) Explain with at least one example in each case the two types of stressors that may results in trauma experiences. (4mks)
- c) Illustrate the trauma and crisis continuum with examples in each. (4mks)
- d).Discuss, the relationship between trauma and suicide (3mks)
- e) Demonstrate any three suggestions of improving care related to suicide. (3mks)

Question 3

- a) Identify any three signs of vicarious trauma (3mks)
- b) Explain the risk factors for vicarious trauma under the following heading;
 - i) Situation
 - ii) Cultural context (6mks)
- c) Describe any three key ways children are abused leading to trauma. (6mks)

Question 4

- a) Discuss the concept of burn-out (3mks)
- b) With relevant bible scriptures, discuss the qualities or characteristics held by trauma counselors modeling Jesus Christ. (6mks)
- d) Demonstrate any three ways used in reducing burn out in professional counselor's life.(6mks)

Question 5

- b).With examples, discuss any three circumstances that result to trauma specifically to children (6mks)
- c) Post-traumatic stress disorder does affect children 'ability to self-regulate. Discuss the broad range of behaviors during diagnosis. (6mks)
- d) Discuss the trauma-focused cognitive behavioral therapy as treatment approach to children (3mks)