



**SCHOOL OF HUMANITIES AND SOCIAL SCIENCES**  
**DEPARTMENT OF PSYCHOLOGY**  
**END OF SEMESTER EXAMINATION**  
**FOR THE**  
**MASTER OF ARTS IN COUNSELING PSYCHOLOGY**  
**JANUARY - MARCH 2025 TRIMESTER**  
**CAMPUS: ONLINE EXAMINATION**  
**COURSE CODE: MCP 508**  
**COURSE TITLE: LOSS AND GRIEF**

**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: SECTION ONE: COMPULSORY (20 MARKS)**

Q1.

A ) Case Study:

Sarah, a 45-year-old woman, lost her husband six months ago in a car accident. She has two teenage children aged 13 and 16. Sarah reports feeling "stuck" in her grief and worries about her children who are showing different reactions to their father's death. The 13-year-old has become withdrawn and his grades are dropping, while the 16-year-old appears to be carrying on as if nothing has happened. Sarah mentions that she hasn't touched any of her husband's belongings and feels guilty about considering returning to work.

i) Using Worden's tasks of mourning, analyze Sarah's current stage of grief and explain three intervention strategies you would use to help her navigate through this process. (6 marks)

ii) Describe four specific intervention strategies you would use to help Sarah's children, considering their developmental stages and different grief responses. (8 marks)

b) Discuss three ways in which cultural differences influence the grieving process and ritual formation (6 marks)

## **SECTION B: ANSWER ANY TWO QUESTIONS (10 MARKS EACH)**

Q2. a) Analyze three types of grief, providing a clinical example for each (6 marks)

b) Discuss four warning signs that indicate a person may be at risk of developing complicated grief and how you would help a client struggling with complicated grief. (4 marks)

Q3. a) Evaluate the effectiveness of Cognitive Behavior Therapy in treating trauma-related symptoms (6 marks)

b) Explain four strategies for preventing vicarious trauma among caregivers working with grieving clients (4 marks)

Q4. a) Compare and contrast Kübler-Ross's model and Worden's tasks of mourning in understanding the grieving process (6 marks)

b) Discuss four ways in which social support groups contribute to healing after loss (4 marks)

Q5. a) Analyze three key considerations when preparing a terminally ill client to face death (6marks)

b) Describe four essential components of building resilience in individuals facing significant loss (4 marks)