



**PAN AFRICA CHRISTIAN UNIVERSITY**

**SCHOOL OF HUMANITIES AND SOCIAL SCIENCES**

**END OF SEMESTER EXAMINATION FOR THE DEGREE OF  
BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY**

**MAY-AUGUST 2019 SEMESTER**

**CAMPUS: VALLEY ROAD**

**DEPARTMENT: COUNSELLING PSYCHOLOGY**

**COURSE CODE: COU2321**

**COURSE TITLE: LOSS AND GRIEF**

**EXAM DATE: THURSDAY 8<sup>th</sup> AUGUST 2019**

**DURATION: 2 HOURS**

**TIME: 5:30PM-7:30PM**

**INSTRUCTIONS**

- Read the instructions and questions carefully before you write the answers.
- Write your **STUDENT NUMBER** in the Answer Booklet given
- *Write clearly and legibly.*
- **This Exam Script has TWO (2) Sections.**
- **Section “A” is COMPULSORY.**
- **Answer any THREE questions in section “B”**
- *ALL PAC University’s examination rules and regulations apply*

## **SECTION A: COMPULSORY**

### **QUESTION 1:**

- a) Define the following terms:
  - i. Mourning (2 marks)
  - ii. Chronic sorrow (2 marks)
  - iii. Disenfranchised grief (2 marks)
- b) Explain **two (2)** spiritual grief reactions. (4 Marks)
- c) Explain **two (2)** social grief reactions. (4 Marks)
- d) Explain **four (4)** psychological symptoms of grief. (8 marks)
- e) Discuss **four (4)** ways that grief and loss impacts a family. (8 Marks)
- f) A lady by the name Christina lost her husband and son in a terrorist attack. Although she is a committed Christian, she is angry with God for taking away her livelihood and her only son. Christina has not attended any church service since the burial of her husband and son two months ago. A common friend referred Christina to you for counselling and assures her that you will be able to assist her deal with the anger she is harboring towards God.

Demonstrate how you will assist her through her losses and her anger (10 Marks)

## **SECTION B: CHOOSE ANY TWO (2) QUESTION**

### **QUESTION 2:**

- a) Explain **two (2)** features of anticipatory grief. (2 Marks)
- b) Differentiate between sudden loss and predictable loss. (4 Marks)
- c) Describe **three (2)** stage model by Gerard Egan as a tool for grief work. (4 Marks)
- d) Discuss **three (3)** factors that influence grief and give an example of each factor. (6 Marks)
- e) Discuss the Attachment Theory by Bowlby in relation to separation. (4 Marks)

### **QUESTION 3:**

- a) Compare and contrast the following terms as learnt in Loss and grief course:
  - i) Anticipatory and complicated grief (4 Marks)
  - ii) Congruence and unconditional positive regard (4 Marks)
- b) Explain with examples **three (3)** practical ways of how to 'continue bonds' according to Silverman and Klass. (6 Marks)
- c) Discuss with the aid of a diagram, how the grief wheel can be used to assess an individuals grief experience. (6 Marks)

### **QUESTION 4:**

- a) Discuss, with **three (3)** examples, the dual process by Stroebe and Schut. (6 Marks)
- b) Discuss any **three (3)** psychological symptoms of grief. (6 Marks)
- c) Explain with examples the **four (4)** psycho-social elaborations by Colin Murray Parkes (8 Marks)

### **QUESTION 5:**

- a) Explain **three (3)** skills that a counsellor can use in grief process. (4 Marks)
- b) Compare and contrast Kubler Ross and Worden's processes of mourning. (12 Marks)
- c) Critique in **two (2)** ways, the processes of Kubler Ross and Worden in light of your cultural processes of mourning (*refer to your cultural group*). (4 Marks)