



SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

DEPARTMENT OF PSYCHOLOGY

**END OF SEMESTER EXAMINATION FOR THE MASTER OF ARTS IN COUNSELING
PSYCHOLOGY**

JAN-APRIL 2022 TRIMESTER

CAMPUS: ONLINE EXAMINATION

COURSE CODE: COU 3133: CRISIS AND TRAUMA MANAGEMENT

EXAM DATE: 7th April 2022

DURATION: 3 HOURS

TIME: 2.30-5.30 PM

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 ONE** is Compulsory.
- **SECTION TWO** *Choose Any Two Questions*
- *Write clearly and legibly.*

SECTION A (COMPULSORY)

Question one

- a) Identify any two goals of crisis counselling (2 marks)
- b) Using examples, differentiate developmental from situational crisis (2 marks)

- c) Explain any three regressive behaviours exhibited by children undergoing a crisis (3 marks)
- d) Describe any two strategies for trauma intervention (2 marks}
- e) Identify any three rights of a person who has gone through a traumatic experience (3 marks)
- e) Discuss any two challenges rape victims are likely to face in the community (4marks)
- g) Discuss any two ways in which counsellors can empower survivors of sexual assault (4 marks)

SECTION B (ANSWER ANY TWO QUESTIONS)

Question two

- a) Discuss the first three stages of the seven stage model of crisis intervention developed by Roberts (1990) (6 marks)
- b) Explain any two behaviours likely to be exhibited by adolescents going through crisis (4 marks)

Use the case study below to answer question 3

Several years ago, a high-school-aged young man was walking with his girlfriend in a community when a rival gang member shot him in the chest. He died as a result of bullet wounds. People in the community described his girlfriend, Anastacia, as "doing very well." She returned to school a few days after the shooting. She was determined to collaborate with a few community leaders on a project aimed at ending violence in her urban environment. Though she appeared to be coping well, it came as no surprise when six months later she was taken into the psychiatric emergency room at the local hospital. She cried constantly and she had not slept in days. Furthermore, she was no longer attending school.

Question three

- a) Describe the crisis intervention method you would offer Anastacia (3 marks)
- b) What crisis cycle is she at? Give any two reasons for your answer (4 marks)

c) If you were the mental care giver around at the time of the shooting, state any three intervention measures you would have applied
(3marks)

Question four

a) Using two examples differentiate primary from secondary trauma
(4 marks)

b) Discuss any three ways people may react to traumatic situations
(6 marks)

Question five

a) Analyze any two goals of trauma counseling (4 marks)

b) Describe any three qualities of a trauma counselor
(6 marks)