



PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY
SEPTEMBER-DECEMBER 2019

CAMPUS: ROYSAMBU

DEPARTMENT: COUNSELING PSYCHOLOGY

COURSE CODE: COU3133

COURSE TITLE: CRISIS AND TRAUMA COUNSELING

EXAM DATE: WEDNESDAY 11TH DECEMBER 2019

DURATION: 2 HOURS

TIME: 9:00AM-11:00AM

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 consists of **Six (6)** questions.
- Answer **question ONE** and **Any other three (3)** questions
- *ALL PAC University's examination rules and regulations apply*

QUESTION 1: COMPULSORY

- A) Distinguish the term crisis from trauma 4mks
- B) Define the term psychological first aid 2mks
- C) Explain the importance of letting clients experience pain in crisis and trauma counselling 5mks
- D) State any three goals of crisis counseling 3mks
- E) Using examples distinguish existential from developmental crisis 6mks
- F) Discuss how you would counsel a client who has been directly involved in a traumatic event 6mks
- G) State any four goals of counselling for a trauma survivor 4mks)

QUESTION 2

- a) Discuss any three factors that determine the outcome of crisis in an individual 6mks
- b) Describe any two characteristics of effective crisis counsellors 4mks

QUESTION 3

- a) State any four symptoms of crisis 4mks
- b) Discuss how you would counsel a child who has a traumatic event occurring to a significant person in their life 6mks

QUESTION 4

- a) Outline any two insights of a sexual assault victim 6mks
- b) You have been invited into a chief's baraza in a slum where rape cases are rampant. Discuss any three self-care tips that you would share with the audience 6mks
- c) Describe any two tasks of counsellors while counseling a sexually assaulted client. 4mks

QUESTION 5

- a) Distinguish primary from secondary trauma 2mks
- b) Discuss any four symptoms of secondary trauma 8mks

QUESTION 6

- a) Using examples explain two biblical teachings on suffering 5mks
- b) Explain any two advantages of group counselling to traumatized individuals.

5mks