EXAM PHYSICAL BCSL 218 CRISIS AND TRAUMA COUNSELLING (2026)

PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

END OF SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF ARTS IN CRIMINOLOGY AND SECURITY LEADERSHIP

JANUARY- APRIL 2026 TRIMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: COMMUNITY DEVELOPMENT

COURSE CODE: BCSL 218

COURSE TITLE: CRISIS AND TRAUMA COUNSELING

EXAM DATE:

DURATION: 3 HOURS (PHYSICAL)

TIME: 5.30PM-8.30PM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- **Answer any TWO questions**
- *ALL PAC University's examination rules and regulations apply*

QUESTION 1 (20 Marks)

You are a first responder at the scene of a natural disaster. You encounter a survivor who is pacing frantically, breathing rapidly, and unable to follow simple directions.

a) Explain **five** ways on how you would approach this survivor **(10Marks).**

b) Discuss five therapeutic techniques you would employ to help the client process the trauma and promote healing **(10marks).**

QUESTION 2 (20 Marks).

Case Study

Moses, a 50-year-old man, lives in a small town that recently experienced a severe flood. The disaster resulted in significant property damage, displacement of residents, and loss of life. Moses lost his home and all his belongings in the flood. He is currently staying at a temporary shelter set up by local authorities. Moses is experiencing acute stress and is visibly distressed when he meets the crisis counselor.

a). As a crisis counselor, discuss any **five** key principles of crisis intervention you would apply (10 Marks).

b). Analyze **five** ethical considerations involved in crisis intervention **(10marks).**

QUESTION 3 (20 Marks)

A 28-year-old woman reports repeated physical assaults by her partner. She states that the violence has escalated over the past three months and that her partner has threatened to kill her if she leaves.

a). Using a recognized domestic violence risk assessment model, discuss **five** key assessment components you would apply in this case **(10 Marks).**

Case Study

Janet is a final-year counseling student completing her practicum at a university counseling center. She has recently been experiencing emotional exhaustion, sleep disturbances, and increased self-doubt after working with clients who present with trauma similar to her own past experiences. Although Janet recognizes signs of burnout and emotional distress, she avoids seeking personal therapy. She fears that doing so may make her supervisors question her competence and worries that her peers may perceive her as weak or unfit to be a counselor. Janet tells herself that, as a

future counselor, she should be able to manage her own emotions without professional help.

Using the case study above,

b). Discuss **five** ways in which the stigma of the "struggling healer" prevents counseling students from seeking their own therapy **(10 marks)**

QUESTION 4 (20marks)

a) Discuss five therapeutic techniques you would employ to help a client process trauma and promote healing **(10marks).**

b) c). Examine **five** roles of the government in supporting the crisis recovery process in Kenya **(10marks).**

END