



PAN AFRICA CHRISTIAN UNIVERSITY
END OF TERM EXAMINATION (AUGUST TO DECEMBER 2020)

DEPARTMENT: COUNSELING PSYCHOLOGY

COURSE CODE COU 3133

COURSE TITLE: INTRODUCTION TO CRISIS AND TRAUMA COUNSELLING

EXAM DATE: 8TH DEC. 2020

TIME: 6.00-9.00PM

DURATION: THREE (3) HOURS

INSTRUCTIONS

- **Read all questions carefully before attempting.**
- **Question ONE IN SECTION ONE is Compulsory.**
- **Answer any other TWO questions FROM SECTION TWO from the choices provided.**

SECTION ONE - COMPULSORY QUESTION

QUESTION 1

- a) PAC University has contracted you to develop a Crisis Management Plan. Analyze five key steps that you would include in the plan. (10 marks)
- b) Explain five interventions a therapist may use to treat a client presenting with Trauma (10 marks)

SECTION TWO - ANSWER ANY TWO QUESTIONS FROM THIS SECTION

QUESTION 2

Describe five types of vulnerable Population who should receive special attention in the offer of Psychological First Aid (10 marks)

QUESTION 3

Discuss five psychological principles that you may utilize in your interventions during a crisis (10 marks)

QUESTION 4

- a) Enumerate three types of crisis (6 marks)
- b) assess two crisis intervention methods that the Government of Kenya has put in place to deal with the COVID 19 crisis (4 marks)

QUESTION 5

Identify and discuss five types of trauma (10 marks)