SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION

MAY - AUGUST 2026 SEMESTER
COURSE CODE: COU 3133
COURSE TITLE: CRISIS AND TRAUMA COUNSELLING
DATE: … AUGUST 2026
DURATION: 3 HOURS
TIME: 5.30PM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- This Exam has TWO SECTIONS with Five Questions.
- **SECTION A** is Compulsory.
- Answer any **TWO** questions in **SECTION B**

SECTION A : COMPULSORY (20 MARKS)

QUESTION ONE

a) Explain any two differences between crisis and trauma (4 marks)
b) A family loses their home following floods in Kenya. Discuss two possible emotional or cognitive effects they may experience. (4 marks)
c) Discuss the three listening steps in Gillilands crisis intervention model. (6 Marks)
d) Citing three examples, demonstrate the usefulness of the Bible in crisis and trauma counselling. (6 marks)

SECTION B : ANSWER ANY TWO (2) QUESTIONS FROM THIS SECTION

QUESTION TWO

a) Explain any two core actions of Psychological First Aid. (4 marks)
b) Articulate three key principles of Gerald Caplan's Model of crisis intervention. (6 Marks)

QUESTION THREE

a) Discuss any two specific qualities of a trauma counsellor. (4 marks)

b) Analyze three reasons why ethical and cultural considerations are important during crisis assessment. (6 Marks)

QUESTION FOUR

a) A client has just survived a violent robbery and appears emotionally distressed. Describe two actions a counsellor should take during the initial assessment. (4 marks)

b) Using Cognitive theory, explain any three counselling interventions to avert cognitive distortions during a crisis. (6 marks)

QUESTION FIVE

a) Discuss two factors that contribute to counsellor burnout when working with trauma survivors. (4 marks)

b) Outline any three stages of the Seven Stage Model of crisis intervention by Roberts. (6 marks)