



**PAN AFRICA CHRISTIAN UNIVERSITY**

**SCHOOL OF HUMANITIES AND SOCIAL SCIENCES**

**END-OF-SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF  
ARTS IN COUNSELING PSYCHOLOGY**

**JANUARY – APRIL, 2025**

**COURSE CODE: COU 3133**

**COURSE TITLE: CRISIS AND TRAUMA COUNSELING**

Time: 3 Hours

**Instructions:**

Answer ALL questions in Section A are compulsory.

Answer Any Two questions from Section B (each 20 marks).

**SECTION A (Compulsory – 20 Marks)**

**Question 1 A**

John, a 32-year-old businessman, was involved in a tragic road accident where he lost his wife and child. Since the incident, he has been experiencing intense flashbacks, nightmares, and avoidance of places that remind him of the accident. He has also withdrawn from friends and family, showing signs of emotional numbness and irritability. His business is failing, and he is losing interest in daily activities.

**Question A**

- i) Identify and explain the possible trauma-related disorder John is experiencing. (4 Marks)
- ii) Using crisis intervention strategies, outline how you would help John recover from this traumatic experience. (3 Marks)
- iii) Explain how John's support system could help his recovery process. (3 Marks)

**B. Define the following terms as used in Crisis and Trauma Counseling (4 Marks)**

- i. Resilience in Trauma Recovery
- ii. Multicultural Competence
- iii. Distinguish between Crisis Counseling and Psychotherapy. (2 Marks)

**C. Discuss any TWO key Biblical principles and how they can be applied in responding to victims of crisis and trauma. (4 Marks)**

**SECTION B: Answer ANY TWO Questions (20 Marks)**

**Question 2**

- a. Explain the importance of maintaining confidentiality in trauma counseling. (2 Marks)
- b. Discuss the role of cultural sensitivity when dealing with trauma survivors. (2 Marks)
- c. Using examples, differentiate primary from secondary trauma. (4 Marks)

- d. Justify the importance of professional boundaries in trauma counseling. (2 Marks)

**Question 3**

- a. Illustrate any TWO ways in which faith-based organizations can assist trauma survivors in finding hope and restoration. (2 Marks)
- b. Highlight 2 typologies of crisis and give an example for each. (4 Marks)
- c. Identify any TWO general effects of trauma on individuals. (4 Marks)

**Question 4**

- a. List down any TWO roles of family support in helping individuals recover from trauma. (2 Marks)
- b. Highlight TWO roles of a professional trauma counselor in crisis intervention. (4 Marks)
- c. Demonstrate TWO ways in which a collaborative approach between mental health professionals and spiritual leaders can benefit trauma survivors. (4 Marks)

**Question 5**

- a. Explore TWO ways in which childhood trauma is likely to affect self-esteem and identity in adulthood. (2 Marks)
- b. List down any TWO roles of counselors in trauma counseling. (2 Marks)
- c. Highlight any THREE Key Elements of Multicultural Competence in Crisis Counseling (6 Marks)