



PAN AFRICA CHRISTIAN UNIVERSITY

**END OF SEMESTER EXAMINATION FOR CERTIFICATE IN COUNSELING
PSYCHOLOGY**

MAY- AUGUST 2023

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: CCOU 0220

COURSE TITLE: INTRODUCTION TO CRISIS COUNSELING

EXAM DATE:

TIME:

INSTRUCTIONS

- Read all questions carefully before attempting.
- Write your **student number** on the answer booklet provided.
- Answer **ALL** questions in **Section A** and **ANY** other **TWO** from **Section B**

SECTION A – Answer all Questions (20 marks)

QUESTION ONE

- a) Describe the term crisis. (2 marks)
- b) Discuss two qualities of an effective crisis counselor. (4 marks)
- c) Explain two counseling techniques that can be applied in crisis counseling. (4 marks)
- d) Explain two ways you can integrate Christian values to crisis counseling. (4 marks)
- e) Illustrate how you can apply the first three steps of the Six Step Crisis Intervention Model when assisting a person in crisis. (6 marks)

SECTION B ANSWER ANY TWO QUESTIONS

QUESTION TWO

- a) Describe two characteristics of a person in crisis. (2 marks)
- b) Explain two signs of an individual contemplating suicide. (4 marks)
- c) Discuss two effects of suicide on the victim's family. (4 marks).

QUESTION THREE

- a) Describe two ways that ethical guidelines can be applied in crisis counseling. (2 marks).
- b) Discuss two ways in which an adolescent can be affected by developmental crisis.
(4 marks)
- c) Explain two interventions that a crisis counselor can use to assist a family whose house has been destroyed by floods. (4 marks)

QUESTION FOUR.

- a) Discuss the following phrases in crisis counseling:
 - i. Crisis as an opportunity. (2 marks)
 - ii. Crisis as a danger. (2 marks)
- b) Explain three causes of alcohol abuse among the youth. (6 marks)

QUESTION FIVE

- a) Describe two roles of a crisis counselor. (2 marks)
- b) Evaluate two challenges faced by caregivers of people in serious illness crisis. (4 marks)

- a. Explain two interventions that a crisis counselor can use to assist an individual who is grieving. (4 marks)