



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

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

SEPTEMBER-DECEMBER 2019

CAMPUS: VALLEY ROAD

DEPARTMENT: COUNSELLING PSYCHOLOGY

COURSE CODE: COU3133

COURSE TITLE: CRISIS AND TRAUMA COUNSELING

EXAM DATE: FRIDAY 6TH DECEMBER 2019

DURATION: 2 HOURS

TIME: 5:30PM-7:30PM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your **STUDENT NUMBER** in the Answer Booklet given
- *Write clearly and legibly.*
- This exam script consists of **Six (6)** questions.
- Answer **question ONE** and **Any other three (3)** questions
- *ALL PAC University's examination rules and regulations apply*

QUESTION 1: COMPULSORY (30 Marks)

- a) Explain the meaning of:
 - i) Crisis intervention (2 marks)
 - ii) Traumatic event (2 marks)
- b) Identify two differences between crisis and trauma. (4 marks)
- c) Explain any two core actions of Psychological First Aid. (4 marks)
- d) Explain three listening steps in Gilliland's crisis intervention model. (6 Marks)
- e) Discuss any three rights of a sexual assault survivor. (6 marks)
- f) Explain any three reasons why it is necessary for a crisis counsellor to keep a referral/resource list. (6 marks)

QUESTION 2:

- a) Distinguish developmental from situational crisis. (2 marks)
- b) Using two examples, explain the meaning of the term secondary trauma (2 marks).
- c) Citing three examples, demonstrate the usefulness of the Bible in crisis and trauma counselling. (3 marks)
- d) Discuss three phases of trauma as conceived by Dr. Pierre Janet. (3 Marks)

QUESTION 3:

- Explain the meaning of trauma recovery. (2 marks)
- a) Identify any two challenges that rape victims are likely to encounter in the community. (2 marks)
 - b) Discuss any two specific qualities of a trauma counsellor. (2 marks)
 - c) Using four examples, illustrate how a sexual assault victim can care for self (4 marks)

QUESTION 4:

- a) Explain any two reactions to trauma. (2 marks)
- b) Identify four goals of trauma counselling. (4 marks)
- c) Identify the four stages of a crisis reaction according to Caplan (1961). (4 marks)

QUESTION 5:

- a) Explain three differences between physical symptoms and emotional symptoms of trauma. (3 Marks)
- b) Discuss three trauma intervention strategies. (3 marks)
- c) Outline any four stages of the seven stage model of crisis intervention by Roberts 1990 (4 marks)

QUESTION 6:

- a) Define Equilibrium Model in crisis work. (2 Marks)
- b) Explain any two trauma coping skills therapy as a strategic intervention. (4 marks)
- c) Outline two helpful responses that are instrumental in trauma recovery. (4 marks)