



PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY

JANUARY-APRIL 2019 SEMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU3133

COURSE TITLE: CRISIS AND TRAUMA COUNSELLING

EXAM DATE: WEDNESDAY 10th APRIL 2019

DURATION: 3 HOURS

TIME: 9:00AM-12:00PM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your **STUDENT NUMBER** in the Answer Booklet given
- **Answer question ONE and any other TWO questions**
- *Write clearly and legibly.*
- *ALL PAC University's examination rules and regulations apply*

QUESTION ONE: COMPULSORY (40 marks)

- a) Explain any four ways in which experiencing pain is important for clients in crisis and trauma counselling (8marks)
- b) Explain the meaning of crisis intervention (4 marks)
- c) Identify the four stages of crisis reaction (4 marks)
- d) Using two examples distinguish developmental from situational crisis (8 marks)
- e) Explain any three reasons why it is necessary for a crisis counsellor to keep a referral/resource list (6 marks)
- f) State four characteristics of a crisis counsellor (4 marks)
- g) Discuss any two types of trauma in children (6 marks)

QUESTION TWO

- a) Discuss any five distinguishing features of traumatic events (10 marks)
- b) Using two examples, explain the meaning of the term secondary trauma (8 marks).
- c) Discuss:
 - i) Three behavioural symptoms of trauma (6 marks)
 - ii) Three emotional symptoms of trauma (6 marks)

QUESTION THREE

- a) Using four examples, Illustrate how a sexual assault victim can care for self (8 marks).
- b) Demonstrate any four tasks of a counsellor while counselling a rape victim (8 marks).
- c) Discuss any five rights of a sexual assault victim (10 marks)
- d) Identify any four challenges that rape victims are likely to encounter in the community (4 marks)

QUESTION FOUR

- a) Discuss the first five steps in crisis assessment (10 marks)
- b) Using five examples, illustrate the importance of multi- cultural competence in crisis and trauma counselling (10 marks)
- c) Explain any five benefits of group counselling to survivors of trauma (10 marks)

QUESTION FIVE

- a) Outline the seven stage model of crisis intervention by Roberts 1990 (14 marks)
- b) Citing three examples, demonstrate the usefulness of the Bible in crisis and trauma counselling (6 marks)

c) Discuss any five qualities of a trauma counsellor

(10 marks).