



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

SEP-DEC 2020 SEMESTER (END OF SEMESTER EXAM)

CAMPUS: ONLINE
DEPARTMENT: PSYCHOLOGY
COURSE CODE: COU 2321
COURSE TITLE: LOSS AND GRIEF
EXAM DATE: 9th Dec 2020
DURATION: 3 HOURS
TIME: WED 6-9 PM

INSTRUCTIONS

Read the instructions and questions carefully before you write the answers.

- Write your STUDENT NUMBER in the Answer Booklet given
- This Exam has TWO SECTIONS
- SECTION A is Compulsory.
- Answer **THREE** questions in **SECTION B**
- *Write clearly and legibly.*

SECTION A (COMPULSORY) (10 marks)

Question one

- a) Distinguish the term grief from bereavement (2 marks)
- b) “Anger is a necessary stage of grief” Explain the above statement in relation to loss and grief (4 marks)
- c) Identify any two symptoms of grief (2 marks)
- d) Discuss any one step in grief process (2 marks)

SECTION B (Answer any three questions) (30 marks)

Question two

- a) Describe any two stages of grief according to Elizabeth Kubler -Ross (6 marks)
- b) Explain the importance of successfully negotiating these stages during loss and grief (4 marks)

Question three

- a) Analyze any three of Rando Six 'R's (6 marks)
- b) As a counsellor, show the various skills you would use at each stage of the 'R's with your client (4 marks)

Question four

- a) Discuss any three factors that influence the duration of grief (6 marks)
- b) You have been invited in a church to talk on the importance of seeking professional help during loss. Identify any four behavioral signs of grief that you would talk about. (4 marks)

Question five

- a) Explain any two factors that may increase the risk of developing complicated grief (4 marks)
- b) Discuss the importance of understanding the culture of the client during loss and grief (2 marks)
- c) Identify any two causes of disenfranchised (restricted) grief (4 marks).