SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION

MAY - AGUST 2026 SEMESTER
COURSE CODE: PMFT 733
COURSE TITLE: FAMILY VIOLENCE AND TRAUMA
DATE: … AUGUST 2026
DURATION: 3 HOURS
TIME: 5.30PM

INSTRUCTIONS:

- Read the instructions and questions carefully before you write the answers.
- This Exam has TWO SECTIONS.
- **SECTION A** is Compulsory.
- Answer any **TWO** questions in **SECTION B**

SECTION A : COMPULSORY (20 MARKS)

QUESTION ONE

Study the case below and answer the questions.

Mary, a 35-year-old woman, has been married for 12 years and has three children. She presents at a counseling center with symptoms of anxiety, insomnia, and recurrent headaches. During assessment, she discloses that her husband frequently insults her, controls family finances, monitors her phone calls, and has physically assaulted her several times in the past year. Despite the abuse, she expresses reluctance to leave the marriage due to religious beliefs, fear of stigma, and concern for her children's well-being.

a) Using the Duluth Violence Model, analyze any two factors that may be contributing to Mary's continued exposure to abuse. (4 Marks)

b) Drawing from current family violence and trauma theories, discuss two reasons why some survivors remain in abusive relationships despite experiencing significant harm. (4 Marks)

c) Critically evaluate any two forms of family violence evident in the case and discuss their potential psychological and physical consequences. (6 Marks)

d) Apply a trauma-informed approach to outline the immediate three priorities a therapist should address when working with Mary. (6 Marks)

SECTION B : ANSWER ANY TWO (2) QUESTIONS FROM THIS SECTION

QUESTION TWO

A survivor of domestic violence seeks help but is discouraged from reporting the abuse by religious leaders and extended family members who emphasize family unity and submission.

a) Explain two ways that culture and religion may simultaneously function as protective and oppressive systems. (4 Marks)

b) Formulate two culturally responsive intervention strategies that maintain respect for faith traditions while promoting safety. (6 Marks)

QUESTION THREE

An 80-year-old widow, Grace, lives with her adult son and daughter-in-law. A community health worker notices signs of neglect, including poor hygiene, malnutrition, and untreated medical conditions. Grace quietly reports that her pension is controlled by her son, who often threatens to place her in a care facility if she complains. She ...

a) Discuss any two forms of elder abuse and neglect evident in this case. (4 Marks)

b) Evaluate one ethical, one cultural, and one legal consideration involved in responding to Grace's situation. (6 Marks)

QUESTION FOUR

A family therapist notices that three generations of a family have experienced intimate partner violence. The grandmother was abused by her husband, the mother experienced domestic violence, and the daughter is currently in an abusive relationship.

a) Critically analyze two ways that Attachment Theory explains the persistence of violence across generations. (4 Marks)

b) Discuss two strengths and two limitations of Ecological Theory in understanding this family's experiences. (6 Marks)

QUESTION FIVE

A hospital introduces a trauma-informed care model across all departments serving survivors of violence.

a) Analyze two core principles of trauma-informed care and two relevance to family violence interventions. (4 Marks)

b) Evaluate three barriers to implementing trauma-informed care in low-resource settings. (6 Marks)