



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

**END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN CRIMINOLOGY AND SECURITY
LEADERSHIP**

SEPTEMBER-DECEMBER 2022 TRIMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: COMMUNITY DEVELOPMENT

COURSE CODE: BCSL 218

COURSE TITLE: CRISIS AND TRAUMA COUNSELING

EXAM DATE:

DURATION: 3 HOURS

TIME:

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- **Answer any TWO questions**
- *ALL PAC University's examination rules and regulations apply*

QUESTION 1

A 28-year-old survivor of a recent violent assault is seeking trauma counseling. They report experiencing flashbacks, hypervigilance, and avoidance of places associated with the trauma.

- a) Discuss three therapeutic techniques you would employ to help the client process the trauma and promote healing (6marks)
- b) Explore **three** mental health challenges faced by Kenyans during the recent Gen Z demonstrations (6marks).
- c) Analyze **two** issues that brings you comfort during tough times (4marks).
- d) Explain **two** points on how trauma-informed care can be effectively delivered in the aftermath of a natural disaster(4marks)

QUESTION 2.

You are a crisis counselor working in a diverse urban area. A local high school has experienced a traumatic incident, and you have been asked to provide crisis support to students.

- a). Discuss **three** steps you would take to ensure that you are culturally sensitive during your interactions with the students from various cultural backgrounds (6marks)
- b). Explain **three** points on how church leaders can utilize Biblical teachings to offer emotional support to individuals affected by floods as a natural disaster (6marks).

c). Discuss **two** roles prayer play in providing comfort for individuals experiencing crises from a biblical perspective(4marks).

d). A client has been working through the recovery process after surviving a natural disaster. They express a desire to find meaning in their experience and move forward positively. Explore **two** ways how resilience can be fostered in the recovery process (4marks)

QUESTION 3

Case Scenario.

A 35-year-old individual has recently experienced a traumatic car accident in which he was the driver. The accident resulted in severe injuries to passengers in the other vehicle. Since the incident, the individual has been experiencing nightmares, severe anxiety, and is unable to drive or even be near a vehicle.

a). As a crisis counselor, discuss **three** key principles of crisis intervention you would apply (6marks)

b). Analyze **three** ethical considerations involved in crisis intervention (6marks).

c). Examine **two** roles of the government in supporting the crisis recovery process in Kenya (4marks).

d). Demonstrate **two** practical steps counselors can take to help individuals strengthen their faith during times of crisis (4marks)