



UNIVERSITY EXAMINATIONS

2ND SEMESTER 2023/2024 ACADEMIC YEAR

**THIRD YEAR EXAMINATION FOR THE DEGREE OF
BACHELOR OF PSYCHOLOGY**

PSYC 324: TRAUMA AND GRIEF COUNSELLING

STREAM: R

TIME: 2 HRS

DAY: WEDNESDAY (2.30-4.30PM)

DATE: 17/4/24

THIS QUESTION PAPER CONSISTS OF THREE (3) PAGES

PLEASE DO NOT OPEN UNTIL THE INVIGILATOR SAYS SO.



INSTRUCTIONS: ANSWER QUESTION ONE AND ANY OTHER TWO QUESTIONS

QUESTION ONE (30 MARKS)

- (a) Explain the meaning of the following terms; trauma and grief counselling **(5 marks)**
- (i) Stress
 - (ii) Hyper arousal
 - (iii) Grief
 - (iv) Bereavement
 - (v) Mourning
- (b) Distinguish between the following phrases **(6 marks)**
- (i) Rape and Sexual assault
 - (ii) Trauma and crisis counselling
 - (iii) Acute stress and chronic stress
- (c) Discuss **FIVE** possible sources of trauma in Laikipia University environment **(10marks)**
- (d) State **FIVE** ways of treating acute trauma cases **(5 marks)**
- (e) List any **FOUR** post – traumatic stress symptoms a client may show in Laikipia University community **(4 marks)**

QUESTION- TWO (20 MARKS)

- (i) Discuss **FIVE** treatment of a severe trauma and crisis in a community **(10 marks)**
- (ii) Identify five characteristics that differentiate Euristic and chronic stress **(10 marks)**

QUESTION THREE (20 MARKS)

- (i) Describe **FIVE** main stages of grief and mourning **(10 marks)**
- (ii) Discuss **FIVE** physiological conditions that may escalate into sickness during mourning period **(10 marks)**



QUESTION FOUR (20 MARKS)

- (i) Explain **FIVE** effects of common life stressors in our communities and environment
(10 marks)
- (ii) Highlight any five psychological traumatic conditions amongst refugee in Kakuma
(10 Marks)

QUESTION FIVE (20 MARKS)

- (a) Discuss **SIX** behavioral characteristics that a prisoner of war may exhibit in a concentration camp
(12 marks)
- (b) Examine **FOUR** ways in which HIV & AIDS infection can be traumatic
(8 marks)

