

LAIKIPIA



UNIVERSITY

UNIVERSITY EXAMINATIONS

FIRST SEMESTER 2025/2026 ACADEMIC YEAR

**THIRD YEAR EXAMINATION FOR THE DEGREE
OF BACHELOR OF ARTS IN PEACE AND CONFLICT
STUDIES**

PACS 316: TRAUMA HEALING AND RECONCILIATION

STREAM: R

TIME: 2 HRS

DAY: MONDAY [8.30 A.M-10.30 A.M]

DATE: 02/02/2026

THIS QUESTION PAPER CONSISTS OF TWO (2) PAGES

PLEASE DO NOT OPEN UNTIL THE INVIGILATOR SAYS SO.

INSTRUCTIONS: Answer Question one (COMPULSORY) and any other two questions

QUESTION ONE

- a) Define and explain the following:
 - i) Reconciliation- **(5marks)**
 - ii) Violence- **(5marks)**
- b) Differentiate between what Reconciliation is NOT and what it is during the reconciliation process. **(10marks)**
- c) Discuss how victims and survivors benefit out of a reconciliation process. **(10marks)**

QUESTION TWO

- a) Analyse a number of things parents and caregiver people do to help their baby or toddler cope with and recover from trauma. **(10marks)**
- b) Toxic and prolonged stress from childhood traumatic events may negatively affect the brain development, stress response systems, the immune system and decision making and learning. Discuss. **(10marks)**

QUESTION THREE

- a) Explain how the Restorative justice process is conducted for the benefit of the community and the offender. **(10marks)**
- b) Explain how a Reconciliation process does NOT benefit VICTIMS of pain and Trauma. **(10marks)**

QUESTION FOUR

- a) Discuss the challenges encountered in the practice of healing and Reconciliation. **(10marks)**
- b) Analyse the work done through Reconciliation process in preventing and Healing survivors who are under Trauma. **(10 marks)**

QUESTION FIVE

- a.) Discuss different therapy exercises that offer a pathway to healing, growth, and resilience. **(10marks)**
- b.) Traumatic experiences can leave lasting scars on a person's physical, emotional, and spiritual well-being. Analyze this statement with reference to emotional scars. **(10marks)**