



PAN AFRICA CHRISTIAN UNIVERSITY

END OF TERM EXAMINATION (SEPT-DEC 2021)

CAMPUS: ONLINE

DEPARTMENT: COUNSELING PSYCHOLOGY

COURSE CODE: MCP 508

COURSE TITLE: LOSS, GRIEF, AND TRAUMA

DATE: Tue 14th Dec 2021

TIME: 5.30-8.30 pm

INSTRUCTIONS

- **Read all questions carefully before attempting.**
- **Section A is Compulsory**
- **Answer any TWO questions in Section B**

SECTION A

Question one (Compulsory)

- a) According to Hoeyman and Kramer (2006) “Disciplined self-awareness is necessary to ensure that we respond to the needs of our clients and not our own.” Discuss the above statement in relation to loss and grief counseling. (5marks)
- b) Using examples, illustrate in two ways why it is necessary for counselors to be aware of the cultural group with which an individual or a family identifies during grief counseling. (4 marks)
- c) Explain any two signs of abandonment issues in trauma survivors (4 marks)

d) Using examples, distinguish process from symptom responses in evaluating the effects of trauma (4 marks)

e) Distinguish normal from complicated grief (3 marks)

SECTION B (Answer any Two Questions

Question two

a) Account for any five benefits of training in grief (5 marks)

b) Discuss any five factors that influence the duration of grieving (5 marks)

Question Three

a) Discuss any three external factors that influence grief reactions in children and adolescents (6 marks)

b) *“Stage of life and the developmental tasks and responsibilities that are associated with them have a significant influence on the kinds of losses an individual will experience as well as his or her reactions to them.”* Discuss this statement in relation to the importance of developmental tasks in grief (4 marks)

Question Four

Use the case study below to answer question four

Gina contacted a local bereavement counselor about participating in a support group after the unanticipated death of her partner following a car accident. In the screening interview on the telephone, she disclosed that she had been intimately partnered with him for eight years, despite the fact that he was married, and had children with, another woman. She lived in a distant community and they had experienced a particularly secret relationship due to his concerns about his family learning about this extramarital relationship. While he was her primary support and his death represented just as significant a loss to her as if they had been married, she did not have the same opportunity for participation in the mourning rituals that were carried out by his family, nor the support for grieving that are generally available to grieving partners.

a) Discuss in two ways why it is necessary for professional helpers to be aware of the potential losses that their clients may have experienced but not processed (4 marks)

b) Explain any three strategies that can be used to assist young adults during grieving period. (6 marks)

Question Five

a) Describe any three important areas of assessment in trauma counseling. (6 marks)

- b) Discuss any two signs of affect de-regulation that may be identified during assessment for trauma. (4mks)