



PAN AFRICA CHRISTIAN UNIVERSITY

END OF TERM EXAMINATION

COU2321: LOSS & GRIEF COUNSELING

TUESDAY NOVEMBER 25TH, 2014

1800HRS – 2100HRS

INSTRUCTIONS

- This exam paper has **Two** sections **A & B**
- Answer **All** Questions in section **A** and **Two** questions in section **B**, question **5** in section **B** is compulsory
- Write your **student number** on the answer booklet provided.
- Read all questions carefully before attempting.
- Use a new page for every question attempted and indicate the question number on the space provided on each page of the answer sheet.

Section A: Answer all the questions in this section. (20 Marks)

1. Contrast between the following terms as learnt in this course.
 - a) Anger and depression
 - b) Supportive and Hostile families

(4 Marks)
2. Identify and explain the three elements of successful grief work according to Freud.

(6 Marks)
3. Define the term “*rituals*” and discuss how a funeral as a ritual can assist the bereaved to process their grief.

(5 Marks)
4. Children also grieve and they need to be attended to just like adults so that they can process their grief. In one paragraph, critique the African (or your) cultural myths on children’s grief.

(5 Marks)

Section B. Answer question Five and any other question in this section (40 Marks)

5. After successfully completing your loss and grief unit, your pastor requested you to assist church members work through their grief. After much deliberation with the pastor, you identified five group members that will need your professional assistance.
 - i. Sunday School children (4 to 12 years old)
 - ii. Teenagers (13 to 21 years old)
 - iii. Young Professionals (22 to 35 year old)
 - iv. Middle Adulthood (35 to 55 year olds)
 - v. Late Adulthood (55 years and above)
 - a) Identify a group you would like to begin with and prepare an age appropriate plan of your group counseling. Include how you will assess normal grief and abnormal grief, and grief tasks, and use church as a supportive community.

(10 Marks)
 - b) Apply one theory that you think will best help the group work through their grief.

(10 marks)
6.
 - a) Using relevant examples outline the ten guidelines to grief counseling advocated by Worden.

(15 Marks)
 - b) Critique these guidelines using the Christian practices of mourning. **(5 Marks)**
7.
 - a) Compare and contrast between Rando’s and Worden’s processes of mourning.

(15 Marks)
 - b) Critique these processes in light of your cultural processes of mourning (refer to your cultural group).

(5 Marks)