



PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE DEGREE OF DOCTOR OF
PHILOSOPHY IN MARRIAGE AND FAMILY THERAPY

MAY-AUG 5 END OF SEMESTER EXAM

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: PMFT 733

COURSE TITLE: FAMILY VIOLENCE AND TRAUMA

EXAM DATE: AUGUST 2025

DURATION: 3 HOURS

TIME: WED 6-9 PM

SECTION A COMPULSORY (20 MARKS)

Question One

CASE STUDY

Use the case study below to answer the questions that follow

Mr. Patel's Family is composed of Mr. Raj Patel (Father, 45 years) – Small business owner, Mrs. Anika Patel (Mother, 42 years) – Homemaker Riya Patel (Daughter, 16 years) Junior High school student, Aarav Patel (Son, 10 years) – Elementary school student. The family adheres to traditional values with a strong emphasis on family honor and obedience

Over the course of several years, Mrs. Patel and the children were subjected to escalating patterns of abuse by Mr. Patel. The violence included: Slapping, pushing, and, in one instance, locking Riya in a room overnight as punishment for "disobedience." Constant belittling, threats of abandonment, and control over financial resources. Restriction of Mrs. Patel's

communication with her family, no access to money, and forced isolation from friends. Name-calling and yelling during minor disagreements, particularly when alcohol was involved.

- a) Examine any three forms of violence that have been subjected to this family by Mr. Patel. Give reasons for your answers. (6 marks)
- b) Explain any two likely consequences of this abuse on Riya. (6 marks)
- c) Conduct an assessment for this family and recommend three appropriate interventions (6 marks)
- d) Analyze any one contributing factors to such kind of violence (2 marks)

SECTION B : ANSWER ANY TWO QUESTIONS

Question two

Anita has been a victim of Gender Based Violence for the last five years. She has neither reported nor sought for treatment. When approached by a social worker to report, she says she is helpless as reporting would warrant further violence from her husband. She is helpless and hopeless about the situation. She has been referred to you for counselling.

- a) Discuss **any three** rights of the survivor that you would bring to her attention. (6 marks)
- b) Explain **any two** reasons why GBV counsellors need to do risk assessment. (4 marks)

Question three

Janice lacks an effective self-care routine. Despite being highly productive at work, her physical and mental well-being are deteriorating. She wants to restore balance, prevent burnout, and improve her overall quality of life. She has sought your services to help her with improve on her self -care.

- a) Examine any three aspects of self -care that Janice would need to attend to (6 marks)
- b) Describe any two exercises that you would recommend to Janice in managing her life (4 marks)

Question Four

Use the case study below to answer the questions that follow

Case Study

Sarah, 29 years has no prior mental health history. She lives with her fiancée in Nairobi. Sarah was referred for counselling two months after surviving a serious car accident in which she was a passenger. The accident resulted in the death of her close friend and minor physical injuries to Sarah. Since the accident, she has been experiencing persistent symptoms of trauma, including flashbacks and intrusive thoughts, difficulty sleeping (nightmares) hypervigilance and anxiety, avoidance of cars and busy roads, emotional numbness and

detachment. Sarah had never experienced a traumatic event before. However, her attachment to the deceased friend (who was like a sister) made the loss deeply personal and compounded her trauma. She expressed irrational guilt, stating: ***“I should have died instead of her.”***

- A) Identify any two therapeutic goals you would formulate with Sarah and give reasons for your answer (4marks)
- c) Discuss any three interventions you would use to counsel Sarah (6 marks)

Question five

- a) With use of examples analyze **any three** major types of trauma. (6 marks)

- b) Examine **any two** factors that determine how trauma victims respond to trauma. (4 marks)