



TECHNICAL UNIVERSITY OF MOMBASA

School of Humanities and Social Sciences

Social Sciences

UNIVERSITY EXAMINATION FOR:

BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY

HCP 4304: CRISIS AND TRAUMA COUNSELLING

SERIES: DECEMBER 2024

TIME: 2 HOURS

DATE: Pick DateDec 2024

Instructions to Candidates

You should have the following for this examination

-Answer Booklet, examination pass and student ID

This paper consists of **FIVE** questions. Attempt question ONE (Compulsory) and any other TWO questions.

Do not write on the question paper.

Question ONE

- a) Define trauma and explain to the community **FOUR** benefits of trauma counselling.
(10 Marks)
- b) By use of relevant examples, describe **FIVE** factors that dictate the vulnerability of an individual to crisis. (10 marks)
- c) Assess the counsellor's specific skills for family therapy. (10 Marks)

Question TWO

- a) Formulate a **SIX** point screening and assessment checklist for trauma after a terrorist attack. (12 Marks)
- b) Explain **FOUR** dimensions of a traumatic event and related stressors associated with greater reactivity and long term difficulties in children. (8 Marks)

Question THREE

- a) Advice trauma service planners on indicators of secondary trauma among the service providers. (10 Marks)
- b) Describe types of self-care strategies and techniques for counselors. (10 Marks)

Question FOUR

- a) "Crisis and Trauma counselling is guided by principles." Discuss this statement using relevant examples. (10 Marks)
- b) By use of relevant examples, discuss any **FIVE** basic threats to consider in assessment of a client facing a crisis. (10 Marks)

Question FIVE

You are planning to establish a center for trauma help services

- a) Explain **SIX** ways you would ensure that your community services adopt trauma informed approaches. (12 Marks)
- b) Examine **FOUR** trauma-informed care assumptions that will promote your efficiency in offering the counselling services. (8 Marks)