



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: JULY 2025

TIME: 2 HOURS

DATE: Pick DateJul 2025

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) Educate your client on what a crisis is and **EIGHT** indicators of a crisis. (10 Marks)
- b) Explore the relationship between self-care and the counselling outcome. (10 marks)
- c) Examine **FIVE** areas of assessment and treatment plan for children who have experienced trauma. (10 Marks)

Question TWO

- a) Determine **FIVE** ways in which a counselor can incorporate cultural competence in crisis counselling. (10 Marks)
- b) Identify and justify **TEN** counselling topics relevant for addressing interpersonal violence such as domestic violence. (10 Marks)

Question THREE

- a) Examine **SIX** risks and protective factors to address in Family crisis counselling. (12 Marks)
- b) Formulate a plan of **FOUR** trauma response domains for the School and give justifications. (8 Marks)

Question FOUR

- a) "Repeated trauma can lead to anger, despair and severe psychic numbing resulting in major changes in personality and behavior". Substantiate this statement (10 Marks)
- b) Explore **TEN** benefits associated with group therapy for trauma. (10 Marks)

Question FIVE

- a) Explain the use of any **FIVE** basic principles in disaster mental health. (10 Marks)
- b) Address **FIVE** causes of compassion fatigue among first respondents and medical health volunteers and suggest measures for prevention. (10 Marks)