



TECHNICAL UNIVERSITY OF MOMBASA

School of Humanities and Social Sciences

Social Sciences

UNIVERSITY EXAMINATION FOR:

BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY

HCP 4310: COUNSELLING DISPLACED PERSONS REFUGEES AND WAR VICTIMS

SERIES: APRIL 2025

TIME: 2 HOURS

DATE: Pick DateApr 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

- Define war trauma in the context of counselling for war victims and explain **EIGHT** psychological effects experienced by refugees and displaced persons. (10 Marks)
- Assess **FIVE** ways in which the Wits Trauma Model incorporates a multi-disciplinary approach to trauma recovery. (10 Marks)
- Explain **FIVE** ways you would approach a suicidal individual in a crisis. (10 Marks)

Question TWO

- By use of examples, explore **FIVE** strategies a counselor can apply in trauma-informed care when working with war victims and refugees. (10 Marks)
- Analyze **FIVE** challenges counselors face when working with refugees who speak a different language and suggest possible solutions. (10 Marks)

Question THREE

- Discuss **FIVE** importance of self-care for trauma counselors and the risks of vicarious traumatization. (10 Marks)
- Advice on **TEN** ways professionals can protect themselves from burnout and trauma fatigue. (10 Marks)

Question FOUR

- Evaluate **FIVE** potential long-term effects of trauma on the emotional development of displaced children. (10 Marks)
- Provide **FIVE** contrasts between a crisis intervention plan when working with children and working with adults. (10 Marks)

Question FIVE

- Design a **FIVE** activity counselling program for displaced persons in a refugee camp to address their mental health needs. (10 Marks)
- Develop a strategy for working with war victims who are reluctant to discuss their traumatic experiences. (10 Marks)