



MURANG'A UNIVERSITY OF TECHNOLOGY

SCHOOL OF EDUCATION

DEPARTMENT OF HUMANITIES

UNIVERSITY ORDINARY EXAMINATION

2023/2024 ACADEMIC YEAR

FIRST YEAR SECOND SEMESTER EXAMINATION FOR DIPLOMA

PSY/OS/CU/CR/4/6: PROVIDE TRAUMA COUNSELLING.

DURATION: 2 HOURS

INSTRUCTIONS TO CANDIDATES:

1. Answer question one and any other two questions.
2. Mobile phones are not allowed in the examination room.
3. You are not allowed to write on this examination question paper.

SECTION A: ANSWER ALL QUESTIONS IN THIS SECTION

QUESTION ONE (40 MARKS)

- a. Define the term trauma. (2 marks)
- b. Mention three exceptions to the rule of confidentiality among trauma patients. (3 marks)
- c. Outline four causes of trauma in adolescence. (4 marks)
- d. Give three ways of using colour to create a conducive counselling environment. (3 marks)
- e. Mention three body-based therapies aimed at treating trauma. (3 marks)
- f. List five benefits of trauma therapy. (5 marks)
- g. Highlight three factors to consider when assessing client readiness for therapy. (3 marks)
- h. State three adverse childhood experience. (3 marks)
- i. State three factors to consider when assessing client readiness for therapy. (3 marks)
- j. List three long term effects of trauma. (3 marks)
- k. Outline five tools used for assessing trauma. (5 marks)
- l. Mention three symptoms of acute reaction. (3 marks)

SECTION B – ANSWER ANY TWO QUESTIONS IN THIS SECTION

QUESTION TWO (20 MARKS)

- a. Discuss the effects of trauma treatment on the therapist. (8 marks)
- b. Explain how eye movement desensitization and reprocessing (EMDR) technique can be applied in the treatment of trauma. (12 marks)

QUESTION THREE (20 MARKS)

- a. Distinguish traumatic presentation between young children and adults. (10 marks)
- b. Explain five coping skills used in traumatic situation. (10 marks)

QUESTION FOUR (20 MARKS)

- a. Identify five multicultural counselling skills. (10 marks)
- b. Explain the factors to consider when identify a measurement instrument (10 marks)

QUESTION FIVE (20 MARKS)

- a. Discuss four factors that influence a person psychological development according to respectful model (1997). (8 marks)

- b. Explain how to use cultural formulation interview (cf1) in the vital assessment of client.
(12 marks)