



# THE CATHOLIC UNIVERSITY OF EASTERN AFRICA

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**MAIN EXAMINATION**

Telephone: 891601-6

**JANUARY – APRIL 2022**

Ext 1022/23/25

**FACULTY OF ARTS AND SOCIAL SCIENCES**

**DEPARTMENT OF PSYCHOLOGY**

**REGULAR PROGRAMME**

**BCP 401: BEREAVEMENT, LOSS AND GRIEF COUNSELING**

**Date: APRIL 2022**

**Duration: 3 Hours**

**INSTRUCTIONS: Answer Question ONE and any THREE Questions**

Q1. a) Differentiate the following terms in relation to bereavement, loss and grief counseling

- i) Loss and grief (2 marks)
  - ii) Mourning and bereavement (2 marks)
  - iii) Grief therapy and grief counselling (2 marks)
  - iv) Normal and abnormal grief (2 marks)
  - v) Physical and symbolic loss (2 marks)
- b) i) Explain reasons why a counselor should work on her own grief (5 marks)
- iii) Discuss factors that hinder people from grieving (10 marks)

Q2. a) Describe the five stages of Elizabeth Kubler Ross theory of grief (10 marks)

b) Explain any five ways of diagnosing complicated grief (5 marks)

Q3. Explain techniques a therapist can apply to help a grieving client (15 marks)

Q4. Discuss interventions a counselor would use to help a family work through its grief (15 marks)

Q5. Discuss behavioral problems that you should handle as a therapist in a grief counselling group (15 marks)

**\*END\***

DTE APRIL 2022