



THE CATHOLIC UNIVERSITY OF EASTERN AFRICA

A. M. E. C. E. A

MAIN EXAMINATION

JANUARY-APRIL 2024

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FACULTY OF ARTS AND SOCIAL SCIENCES

DEPARTMENT OF COUNSELING PSYCHOLOGY

BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY

BCP 322: CRISIS, DISASTER AND TRAUMA

DATE: APRIL 2024

Duration: 2 Hours

INSTRUCTIONS: Answer Question ONE and any other TWO Questions

Q1.

- a) Describe how counsellors can identify the types of crises people go through **(3 Marks)**
- b) Explain the difference between crisis, disaster and trauma **(7 Marks)**
- c) Discuss various theories that explain the causes of disasters **(10 Marks)**
- d) Explain the importance of trauma counseling in the recovery of people who have experienced trauma **(10 Marks)**

Q2.

Discuss the debriefing models in the application of cognitive behaviour therapy to help the clients who develop PTSD **(20 Marks)**

Q3.

Explain the four categories of PTSD related conditions that develop as a result of reactions to traumatic events that counsellors have to deal with in helping clients **(20 Marks)**

Q4.

- a) Describe the four phases of disaster **(8 Marks)**
- b) Describe the steps recommended to be included in an emergency evacuation checklist in a workplace. **(12 Marks)**

Q5.

Discuss recent world disasters that have caused trauma in people's life **(20 Marks)**

END