



**UNIVERSITY EXAMINATIONS: 2012/2013**  
**EXAMINATION FOR THE DIPLOMA IN COUNSELLING**  
**PSYCHOLOGY**

**DCP 022 STRESS TRAUMA AND GRIEF COUNSELING**

**DATE: APRIL, 2014**

**TIME: 1½ HOURS**

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**INSTRUCTIONS: Answer Question One and Any Other Two Questions**

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**QUESTION ONE : COMPULSORY**

- i) Discuss five major causes of stress in the present day society. (5 Marks)
- ii) Explain the difference between stress and trauma. (4 Marks)
- iii) Explain the relevance of debriefing after a traumatic experience. (5 Marks)
- iv) Describe five manifestations of loss and grief. (5 Marks)
- v) Apart from the loss of a loved person through death, discuss five other reasons as to why people grief. (5 Marks)
- vi) Briefly explain the process of loss and grief. (6 Marks)

**QUESTION TWO**

- i) Give an analysis of how you go about counseling of a client with loss and grief issues. (10 Marks)
- ii) Highlight five ways in which people react to loss. (5 Marks)

### **QUESTION THREE**

- i) Discuss five major effects of stress. (10 Marks)
- ii) Discuss the trauma assessment criterion. (5 Marks)

### **QUESTION FOUR**

- i) Discuss five common symptoms of grief. (10 Marks)
- ii) Outline any five myths and their respective facts about grief. (5 Marks)

### **QUESTION FIVE**

- i) Discuss any five reasons for which a grieving person may require professional help. (10 Marks)
- ii) Analyze five tips for coping with loss and grief. (5 Marks)