



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2015/2016

SECOND SEMESTER EXAMINATION FOR THE DEGREE OF

MASTER OF ARTS IN COUNSELLING PSYCHOLOGY

APS 814: LOSS AND GRIEF COUNSELLING

DATE: Tuesday, 29th March 2016

TIME: 5.30 p.m. - 8.30 p.m.

INSTRUCTIONS:

Answer question ONE and any other TWO questions.

Question One

Julie is a 25 year old single lady. She had a child, Zuma, at the age of 18, after completing her high school. Her mother (who is 67 years) had been taking care of the child until a year ago when she was diagnosed with end stage breast cancer. Julie's mother died 6 months ago at a local Hospice. Since then Zuma has been punished many times by teachers at school for not adhering to school rules. He mostly keeps to himself and has recently begun to frequently complain about stomach ache. Julie, who is now settling in her job after 'three rough years' of no consistent job, reports to you that she has difficulty concentrating and is increasingly becoming absent minded. She says that she finds herself 'crying aimlessly as if the death just happened'. She intimates to 'being very tired' and 'struggling so much to make sense of life'. She also states that she feels guilty that she did not spend 'enough time with mum prior to her death' and that in hindsight, she would be a 'better daughter'. She also states that she is really struggling to 'connect with Zuma' and is feeling overwhelmed at her 'inability to be a good parent' and to have a 'functional family'. Julie states that she wants: to help Zuma understand how his grandmother died, to stop hurting after the loss and to grieve appropriately.

- (a) Discuss one concern that you would prioritize when working with this family.
(3 marks)
- (b) Outline one therapeutic goal and two matching interventions, for each of Julie's stated goals.
(9 marks)
- (c) Discuss two (2) factors that may be influencing the grief experiences of both Zuma and Julie.
(8 marks)

Question Two (20 marks)

- (a) Discuss the complicated nature of suicide grief with regard to the following variables: lack of support, intolerance and social awkwardness. (12 marks)
- (b) Critically analyze two ways in which you as a counselor, can provide support to suicide griever. (8 marks)

Question Three (20 marks)

Margaret's husband died suddenly in their home at night from cardiac arrest. Since his death which occurred a month ago, Margaret has had only a number of showers, and eats very little and keeps her curtains drawn. She has also not used her mobile phone in about three weeks. She was very close to her husband with whom they had been married for over 35 years. Margaret was known to have only one friend, her husband, and was always seen by his side. Margaret's two children both live in North America, and were unable to attend their father's burial because of their legal status. The two children have not been home in over a decade and are now worried about their mother because they cannot reach her on phone.

- (a) Describe three key factors you would consider when conducting an assessment of Margaret, if she were referred to you for counseling. Justify your answers. (9 marks)
- (b) Explain three counseling goals that you will develop to help Margaret get through the loss. (6 marks)
- (c) Discuss one of your roles as a bereavement counselor, when working with Margaret. (5 marks)

Question Four (20 marks)

- (a) Critically analyze the Dual Process Model of grief. (12 marks)
- (b) Using a relevant example, discuss how you can use the model to enhance therapeutic engagement with clients who have suffered traumatic loss. (8 marks)

Question Five (20 marks)

Maria, 47, had a sudden breakdown, stopped working, became anxious and depressed, and sought therapy after her sister passed away. A full history revealed she had been the sole caretaker for her sister, who had been ill for years and required near full-time assistance. During the time of the illness, Maria's parents, had both died of natural causes. Maria realized she never had time or emotional energy to mourn her parents' death, and in fact, resented her sister, and had not

mourned her death that had just occurred within the past year, and for which Maria felt terribly guilty. She had also been so caught up in her family duties that she had had little time to develop other pursuits. Maria's 27 year old daughter was resentful at her for being 'detached', over the last few years.

- (a) Discuss Maria's presentation from a bio-psychosocial perspective. (8 marks)
- (b) Propose three counseling goals and matching interventions that you would develop as part of your treatment plan for Maria. (12 marks)