



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2007/2008

SECOND SEMESTER EXAMINATION FOR THE DEGREE OF MASTER OF EDUCATION IN GUIDANCE AND COUNSELLING

EGC 515: BEREAVEMENT AND WIDOWHOOD

DATE: Tuesday 10th June, 2008

TIME: 2.00 p.m. – 5.00 p.m.

INSTRUCTIONS

Attempt any **THREE** questions.

1.
 - a) Explain the meaning of bereavement. [3 marks]
 - b) Describe at least six types of losses experienced by some school children during the post election violence of early this year (2008). [12 marks]
 - c) Describe at least three strategies a counsellor should use while helping bereaved children to cope with their challenges arising from these losses. [9 marks]
2.
 - a) Differentiate between the terms grief and mourning. [4 marks]
 - b) There are many symptoms associated with grief. Describe at least four for each.
 - (i) Somatic reactions to grief. [4 marks]
 - (ii) Cognitive reactions to grief. [4 marks]
 - (iii) Behavioural reactions to grief. [4 marks]
 - c) Describe the six phases in mourning and show how a counsellor can help a grieving client go through these phases. [12 marks]
3.
 - a) Describe the dual model of coping with bereavement proposed by Stroebe and Schut (1998). Illustrate your answer with a diagram. [12 marks]

- b) Discuss at least six helpful guidelines that will help grieving individuals in their journey from helplessness to hopefulness. [12 marks]
- 4. a) Marris (1984) proposed a theory of grief as a process of psychosocial reintegration. Explain how this theory maybe applied to help widows manage the changes brought by bereavement. [12 marks]
- b) Describe at least four fundamental needs a counselor should advise a bereaved person to ensure they are met regularly. [12 marks]
- 5. a) Discuss the stress model of grief and explain how you as a counsellor can help bereaved persons to “restore” to normal functioning. [12 marks]
- b) Describe at least six signs which indicate a client’s recovery from grieving. [12 marks]

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