



COLLEGE OF SOCIAL SCIENCES, THEOLOGY, HUMANITIES & EDUCATION

NHPS446: The Psychology of Trauma and Humanitarian Interventions

END OF FIRST SEMESTER EXAMINATIONS

APRIL/MAY 2026

LECTURER: DR. M.J GOHWA KAPESA

DURATION: 3 HOURS

INSTRUCTIONS

1. This paper contains **TWO** sections (Section A and Section B).
2. Section A is **COMPULSORY**.
3. Answer **ANY TWO (2) questions** from Section B.
4. Start each question on a new page in your booklet.
5. Credit will be awarded for logical, systematic and neat presentation
6. Do not repeat material.

SECTION A: COMPULSORY

INSTRUCTION: *Answer Question 1.*

Question 1

- a) Discuss the signs and symptoms of the Post Traumatic Stress Disorder (PTSD). [20 marks]
- b) As a Psychologist provide the strategies of helping a client suffering from the Post Traumatic Stress Disorder. [20 marks]

[40 marks]

SECTION B

INSTRUCTION: *Answer ANY TWO (2) questions.*

Question 2

Evaluate the phenomenon of collective trauma and discuss how you can help a community of your choice that has experienced a traumatic event. Illustrate your answer with a real life example.

[30 marks]

Question 3

Critically analyse the process of psychological first aid in humanitarian trauma interventions. Illustrate your answer with practical examples.

[30 marks]

Question 4

Discuss the process of counselling survivors of traumatic experiences. Illustrate your answer with practical examples.

[30 marks]

Question 5

Examine two major psychological theories related to trauma illustrating their practical application in an African setting.

[30 marks]

END OF PAPER
