

THE OPEN UNIVERSITY OF SRI LANKA

DEPARTMENT OF SOCIAL STUDIES

BA DEGREE PROGRAMME IN YOUTH AND COMMUNITY DEVELOPMENT
- LEVEL 05

FINAL EXAMINATION – SEMESTER I – 2023/2024

DSU5363 – SUPPORTING YOUTH IN GRIEF AND TRAUMA



DURATION: THREE (03) HOURS ONLY

Date: 03.12.2023

Time: 9.30 a.m – 12.30 p.m

Instructions:

- Answer ONLY five (05) questions out of nine (09).
- Each question carries twenty (20) marks.
- Please write in clear handwriting.

01. Trauma is a pervasive and intricate aspect of the human experience, intricately woven into the very fabric of individual lives and collective histories. It is a profound testament to the vulnerability and resilience inherent in the human condition.

- I. Define trauma as indicated by American Psychiatric Association (APA, 2000). Discuss the key elements mentioned in this definition. *(05 Marks)*
- II. Name two types of traumas and explain with real-life examples. *(05 Marks)*
- III. Examine the cultural relevance of the trauma definition provided by the American Psychiatric Association. How might cultural differences influence the perception and experience of trauma? Provide examples from different cultural contexts.

(10 Marks)

02. Grief is an inevitable and universal facet of the human experience, a poignant journey through the emotional landscape of loss. Whether prompted by the death of a loved one, the end of a relationship, or a significant life change, grief is a complex and often challenging process that touches every individual at some point in their lives.

- I. Name different forms of grief with real-life examples *(05 Marks)*
- II. b) Explore the emotional, physical, cognitive, and behavioral effects of grief on young people, emphasizing the diverse range of reactions. *(07 Marks)*
- III. Discuss the grief process in accordance with the Kubler-Ross model for a woman after the sudden demise of her husband in a tragic car accident. Provide a detailed analysis of the stages she experiences, highlighting the emotional dynamics within each stage. *(08 Marks)*

03. Resilience is of paramount importance as it serves as a vital attribute in navigating life's challenges and uncertainties. Resilient individuals demonstrate a remarkable ability to bounce back from difficult experiences, learning and evolving through adversity.

- I. Discuss the significance of understanding risk and resilience in the role of a practitioner working with young people experiencing grief and trauma. *(08 Marks)*
- II. Investigate the impact of the COVID-19 pandemic on grief among Sri Lankan children and adolescents and analyze the significance of rituals, including funeral rituals, rituals of continuity, and rituals of reconciliation, in coping with grief. *(12 Marks)*

04. A crisis is not solely determined by the occurrence of a stressful or traumatic situation; rather, it hinges on an individual's perception and response to that specific situation or event, as highlighted by Stevens and Ellerbrock (1995). The impact of an event can vary significantly from one person to another.

- I. Examine the principles of crisis intervention and discuss how those principles contribute to effective crisis intervention. *(10 Marks)*
- II. Evaluate the efficacy of Critical Incident Stress Debriefing (CISD) based on the study by Bisson et al. (1997) and critically analyze whether CISD is a suitable first-line treatment for individuals exposed to traumatic events. *(10 Marks)*

05. Imagine you are a trained mental health volunteer responding to a natural disaster in a coastal community that has been severely affected by a hurricane. The community members, including children, adults, and the elderly, are displaced and brought to a temporary shelter. Many have lost their homes, and there is a palpable sense of distress, fear, and uncertainty among the survivors. Apply the principles of Psychological First Aid (PFA) to this case. Describe the specific actions you would take to provide humane, supportive, and practical assistance to the affected individuals. *(20 Marks)*

06. Social relationships play a pivotal role in the health and well-being of individuals worldwide, particularly children and youth who navigate numerous challenges during their developmental stages.

I. Analyze the importance of social support in enhancing the well-being of children and adolescents within the Sri Lankan context, taking into account the influence of current social and environmental challenges, and explore distinct forms of socially supportive behaviors and their role in alleviating potential risks. *(10 Marks)*

II. Explore the importance of referral systems in the context of youth and community development work. Analyze the steps involved in making successful referrals as a Youth Worker. *(10 Marks)*

07. Counselors, social workers, and community workers frequently encounter uncertainty, fear, and anxiety in their fieldwork, leading to potential high physical and psychological tolls. Recognizing this, it is crucial to offer them opportunities for learning effective methods of processing and cultivating self-awareness, reflexivity, and self-care to mitigate the challenges associated with their demanding roles.

I. Discuss the significance of self-awareness in the context of mental health and psychosocial practitioners. How does self-awareness contribute to the professional development of youth workers? *(08 Marks)*

II. Distinguish between burnout and compassion fatigue, highlighting their origins, impacts, and recovery processes. Discuss the challenges faced by youth workers and explore strategies to prevent and manage burnout and compassion fatigue. *(12 Marks)*

08. Kasun, a 17-year-old high school student, is facing a crisis. He has recently experienced the loss of a close family member, leading to a significant impact on his emotional well-being. As a youth worker, develop an intervention plan to support Kasun through this challenging time.

(20 Marks)

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