

THE OPEN UNIVERSITY OF SRI LANKA
 DEPARTMENT OF SOCIAL STUDIES
 BA IN YOUTH AND COMMUNITY DEVELOPMENT - LEVEL 05
 FINAL EXAMINATION – SEMESTER I - 2024/2025
 DSU 5363 – SUPPORTING YOUTH IN GRIEF AND TRAUMA
 DURATION: THREE (03) HOURS ONLY



Date: 05/04/2025

Time: 9.30 am – 12.30 pm

Instructions:

- Answer ONLY five (05) questions.
- Each question is worth twenty (20) marks.
- Please write clearly

1. "Trauma is a significant psychological response to deeply distressing or disturbing events. It can have profound and long lasting effects on an individual's well-being".
 - a) Define trauma and discuss its key components based on the American Psychiatric Association's (APA) definition. (10 Marks)
 - b) Critically assess the short- and long-term effects of trauma on young people. (10 Marks)

2. "Trauma can be classified in various ways, each reflecting different manifestations and impacts on individuals, particularly youth. Understanding these categories and disorders is crucial in addressing the mental health needs of those affected".
 - a) Using Picucci's taxonomy, discuss the four categories of trauma. Provide real-life examples of how each type can manifest in youth. (10 Marks)
 - b) Analyze the symptoms of Post-Traumatic Stress Disorder (PTSD) and Acute Stress Disorder (ASD). (10 Marks)

3. "Self-awareness and self-care are fundamental aspects of personal and professional development, particularly for mental health professionals such as Counselors, Social Workers, and Youth Workers"
- a) Discuss how the Johari Window model can help them identify both their strengths and areas for improvement in their practice.
(8 Marks)
- b) Define self-care and explain how self-care strategies impact the quality of professional work delivered by Counselors, Social Workers, and Youth Workers.
(12 Marks)
4. "In understanding how young people recover from trauma and grief, it is essential to examine the roles of both risk and protective factors. These factors can either hinder or help in their recovery process, influencing their ability to cope with the emotional and psychological challenges they face".
Discuss the key differences between risk factors and protective factors in the context of trauma and grief recovery in young people.
(20 Marks)
5. Grief is a complex emotional response to loss, and understanding its impact is crucial in supporting those who experience it.
- a) How does the Kübler-Ross model explain the emotional responses people may experience when facing terminal illness or the death of a loved one? Explain
(10 Marks)
- b) What are the key differences between systems-induced trauma and vicarious trauma? Explain with examples
(10 Marks)

6. Kamal, a 17-year-old school student, is currently going through a crisis after the recent loss of a close family member. This event has deeply affected his emotional well-being. As a youth worker, how would you design an intervention plan to help Kamal to navigate this difficult period? Explain. (20 Marks)
7. How do Psychological First Aid (PFA) and Crisis Intervention Stress Debriefing (CISD) differ in their approaches to supporting individuals after a crisis? Explain with Examples. (20 Marks)
8. A mental health organization in Sri Lanka is developing a trauma intervention program for young people who are affected by natural disasters and socio-political conflicts. The team aims to understand how cultural beliefs, traditional healing practices, and social stigma influence young individuals' perceptions and coping mechanisms related to trauma".
How do cultural factors shape the understanding and treatment of trauma among Sri Lankan youth? Explain. (20 marks)
9. You are invited to deliver a speech on the importance and use of relaxation techniques for Youth Workers. How would you structure your speech, and what key points would you include? Explain. (20 marks)