



PAN AFRICA CHRISTIAN UNIVERSITY
END OF SEMESTER EXAMINATION FOR THE DEGREE OF BA
CHELOR OF ARTS IN COUNSELING PSYCHOLOGY

MAY-SEPTEMBER 2020

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: 2123

COURSE TITLE: COUNSELLING THEORIES

EXAM DATE: 20TH AUGUST 2020

TIME: 2:30 P.M. – 5:30 P.M.

INSTRUCTIONS

- Read all questions carefully before attempting.
- Write your **student number** on the answer booklet provided.
- Answer **ALL** questions in Section A and **ANY** three in Section B

Section A: Compulsory; attempt ALL questions (10 Marks)

Question 1

John is well interested on Psychoanalytic view and he has heard that personality consists of three systems:-

- a) Discuss the three personality systems. **(6 Marks)**
- b) Freud says that we can get fixated in either of the psychosexual stages. Explain with examples how this would happen and the outcome. **(4 Marks)**

Section B: Attempt Three questions from this section (30 Marks)

Question 2

A Psychologist had an intake appointment with another client. As soon as he looked at the intake form, he realizes that she is the ex-wife of his former client. The therapy with the ex-husband was brief and he focused on how to leave the marriage. The prospective client was using her maiden name and gave no indication that she had known about her ex-husband treatment with the psychologist.

When asked about her reason for the referral she said that her physician had referred her for anxiety. During the sessions she stated that she is still in communication with her ex-husband because they share three children.

What are the ethical issues for this scenario? (5 Marks)

Should the therapist treat the client? (5 Marks)

Question 3

Each theory we have learned in class has its own uniqueness in considering the counselling process which one do you consider the most important and why in the following categories:-

- a) Key concepts (2 Marks)
- b) Therapeutic process (role of therapist and client) (4 Marks)
- c) Therapeutic Techniques and procedures (4 Marks)

Question 4

In the post modern approaches, Solution Focused Brief Therapy and Narrative Therapy have a number of therapeutic techniques.

- a) Discuss only **three** of therapeutic techniques in SFBT **(5 Marks)**
- b) Discuss only **three** therapeutic techniques in Narrative Therapy **(5 Marks)**

Questions 5

From the perspective of Rational Emotive Behavior therapy, some of the following could be identified as Paula's irrational beliefs. Show how you would demonstrate to her that they are self-defeating attitudes that are the direct cause of her misery:

The marriage between Albert and Paula is on the rocks because of self-defeating attitude. According to Rational Emotive Behavioral Therapy (REBT), it is clear the psychological issues affecting the couple is largely dependent and influenced by how each of them thinks. Therefore, the purpose of the counselor is to encourage both Paula and Albert to develop rational thinking with the aim of facilitating a healthy emotional expression and behavior through the following demonstration.

I must please Albert, and if I don't he'll leave, and the consequences will be horrible! (5 Marks)

I must have someone to rely on, or else I can't make it on my own! (5 Marks)



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MAY-SEPTEMBER 2020

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU1233

COURSE TITLE: INTRODUCTION TO PSYCHOLOGY

EXAM DATE: 17TH AUGUST 2020

TIME: 2:30 – 5:30 P.M.

INSTRUCTIONS

- Read all questions carefully before attempting.
- Write your **student number** on the answer booklet provided.
- Answer **ALL** questions in Section A and **ANY** three in Section B

Section A: Compulsory; attempt ALL questions (10 Marks)

Question 1

John is your client in psychotherapy and he has been oscillating from positive and negative emotions. Explain to him using examples what you mean by:-

- a) Positive emotions **(5 Marks)**
- b) Negative emotions **(5 Marks)**

Section B: Attempt Three questions from this section (30 Marks)

Question 2

Describe the Big Five Model of personality traits and distinguish among openness, conscientiousness, extraversion, agreeableness, and neuroticism.

(10 Marks)

Question 3

Kipchoge is known for his athletic ability and his superstardom that this success has afforded him. This has impacted on many athletics in Kenya who strive for the same success and thus, model their behavior after him. Albert Bandura used the social learning approach to explain behavior. **(10 Marks)**

- a) Give a clear overview of the process of social learning as given by Bandura
- b) Bandura emphasized three factors that influence modeling behavior among young females.

Question 4

A number of hours has passed since you reviewed information for this course yet you are able to recall relevant information in this examination.

- a) Describe the process/stages involved in you making and allowing memories to be retrievable **(5 Marks)**
- b) Describe what is the memory store known as working memory and describe how you are currently using it in this exam. **(5 Marks)**

Questions 5

Final year students who are not “Psychology Major” feel frustrated because they have to do “Introduction to Psychology” even though it is an elective to complete their program. They believe that Psychology has nothing to do with them because it is concerned with abnormal behavior. To help them fully understand psychology,

- a) Define the term Psychology **(2 Marks)**
- b) Discuss the relevance and importance of Psychology in their daily lives. **(8 Marks)**



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MAY-SEPTEMBER 2020

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: 2113

COURSE TITLE: PSYCHO-DYANAMIC THEORIES

EXAM DATE: 18TH AUGUST 2020

TIME: 11:15 A.M. – 2:15 P.M.

INSTRUCTIONS

- Read all questions carefully before attempting.
- Write your **student number** on the answer booklet provided.
- Answer **ALL** questions in Section A and **ANY** three in Section B

Section A: Compulsory; attempt ALL questions (10 Marks)

Question 1

Mary is a student and has been studying Freud's theory of personality and would like to know its relevance to the world and why?

- a) Discuss Freud's theory of personality using Id, Ego and Superego (5 Marks)**

- b) Describe the concept of fixation in Freud's theory. **(5 Marks)**

Section B: Attempt Three questions from this section (30 Marks)

Question 2

The Big five factor of personality are increasingly being used in helping researchers understand the dimensions of psychological disorders. Discuss the five factor model of personality. **(10 Marks)**

Question 3

By almost anyone's standard Martin is extremely successful. His life has always been luxurious, however, he actually came from very humble beginnings.

His mother stayed at home and his father was a carpenter. His parents were not affectionate toward Martin and his siblings and at times not even the children's basic physical needs were met.

Martin felt embarrassed by his humble beginning. He became determined to rise above his early station life and achieve a more successful and sophisticated life. He prefers not to think or discuss his childhood. His law firm law firm and wallet grew in size. Because he is well known, several organizations have asked him to be on the boards of directors, but he refused all of them. Martin is not active in any community activities and does no volunteer work, not even pro bono legal work.

- a) According to Adler's theory what was Martin's goal, give evidence for your answer.
- b) Does Martin have a high or low level social interest, what is the cause of this social interest? **(10 Marks)**

Question 4

From the many personality approaches studied in class discuss one you would choose to work with in evaluating client's personality. **(10 Marks)**

Questions 5

Marc is often frustrated and angry, but most of the time he keeps his feelings under control. One day, during a meeting at work, Marc stormed out of the room and kicked the drinks machine so hard that the glass screen broke.

(a) Suggest how a psychodynamic psychologist might explain Marc's behaviour.

b) Suggest how a behaviourist psychologist might explain violent behaviour such as that shown by Marc.

(10 Marks)



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MAY-AUGUST 2020

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU2313

COURSE TITLE: ABNORMAL PSYCHOLOGY

EXAM DATE: 21st August

TIME: 2.30-5.30

INSTRUCTIONS

- Write your **student number** on the answer booklet provided.
- Read the questions carefully before attempting.
- This Exam accounts for thirty (**30**) per cent of your total grading. The exam will be marked out of **50** and then worked out of **30**.
- The Exam has two sections – Section A and B.
- Section A has a compulsory question that carries **Twenty (20)** marks. Attempt all the sections.
- Section B has **five (5)** questions, each carrying **Ten (10)** marks. You are required to answer any **three (3)**.
- Only the first **three** questions from section B attempted on your answer booklet will be marked. If you do not wish that to happen, cancel any answers you do not wish marked.

ALL PAC University's examination rules and regulations apply

SECTION A: ATTEMPT ALL THE SECTIONS OF THIS QUESTION. TOTAL MARKS TWENTY (20).

1. Juda was given his first client in the practicum site. He remembered that assessment must be thorough.
 - a) Outline the significance of doing the following exploration in therapy:

- i) The history of the problem (Background to the problem)
 - ii) The family history
- b) Professionals in the field use different assessment model to understand abnormality in a client. Explain the models listed below
 - i) Diathesis-stress model
 - ii) Family system model
 - iii) Sociocultural model
 - iv) Cognitive-behavioral model

8 marks

12 marks

PART B: ANSWER ANY THREE QUESTIONS FROM THIS SECTION. EACH QUESTION CARRIES 10 MARKS.

2. Psychological abnormality described using key words. Critique with examples, the following terms used for its description:
 - a) Deviant
 - b) Perception of reality
 - c) Distressing
 - d) Maladaptive
 - e) Dangerousness
3. Suicide is always a major risk in those that seek therapy.
 - a) Distinguish between suicide and self-harm in the management of clients
 - b) Describe how each of the three areas below help you to assess suicidal risk:
 - i) Suicidal plan
 - ii) Realistic
4. Outline how the following perspective explain abnormality
 - a) Psychoanalytic perspective
 - b) Humanistic perspective
 - c) Behavioral perspective
 - d) Cognitive perspective
 - e) Biomedical/Neuroscience perspective
5. Personality disorders get the view that they are unique among the other categories of disorders. Explain how the following personality disorders are disruptive to self and relationships.
 - a) Narcissistic personality disorder
 - b) Paranoid personality disorder
6. According to the Bible, the sin of Adam, usually referred to as the fall, is the root of all human suffering. Therefore, abnormality is not only psychological but also spiritual.
 - a) Discuss this perspective.
 - b) Suggest different ways Christian spirituality can support those suffering from mental disorders.

10 marks

4 marks

6 marks

10 marks

10 marks

2 marks

8

marks



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MAY-AUGUST 2020

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU2324

COURSE TITLE: ASSESSMENT AND PROCESS

EXAM DATE: 18th August

TIME: 2.30-5.30

INSTRUCTIONS

- Write your **student number** on the answer booklet provided.
- Read the questions carefully before attempting.
- This Exam accounts for thirty (30) per cent of your total grading. The exam will be marked out of 50 and then worked out of 30.
- The Exam has two sections – Section A and B.

- Section A has a compulsory question that carries **Twenty (20)** marks. Attempt all the sections.
- Section B has **five (5)** questions, each carrying **Ten (10)** marks. You are required to answer any **three (3)**.
- Only the first three questions from section B attempted on your answer booklet will be marked. If you do not wish that to happen, cancel any answers you do not wish marked.

ALL PAC University's examination rules and regulations apply

SECTION A: ATTEMPT ALL THE SECTIONS OF THIS QUESTION. TOTAL MARKS TWENTY (20).

1. Professional therapy stands on three major framework listed below.
 - a) Justify the significance of embedding them in therapy.
 - i) Thorough assessment
 - ii) Theoretical models
 - iii) Ethical relationships

12 marks
 - b) Underscore the role of the following in assessment
 - i) Psychological testing
 - ii) Nonstandardized clinical interviews

8 marks

PART B: ANSWER ANY THREE QUESTIONS FROM THIS SECTION. EACH QUESTION CARRIES 10 MARKS.

2. Therapeutic process loosely refers to psychological interactions and transformation found in therapy. Analyze the impact of the following to the quality of the therapeutic process:
 - a) Therapeutic communications.
 - b) Processing of traumatic issues and misaligned personal narratives.

10 marks
3. Briefly describe how the following cognitive therapies are used:
 - a) Cognitive reframing (restructuring)
 - b) Activity scheduling
 - c) Journaling thoughts
 - d) Guided discovery
 - e) Role playing

10 marks
4. Solution focused brief therapy is expended using purposefully formulated questions.
 - a) Explain the goals of the following questions:
 - i) What difference would you want this conversation to make in your life?
 - ii) What would you like instead?

4 marks
 - b) The miracle question is a major tool in SFBT. Juri has come to you with the complains that his performance at work has diminished since a new critical boss

took over. He also explained that this has affected his relationship with his wife and the happy time he used to give to his children. He feels hedged in because he does not see the possibility of getting another job in this times when COVID 19 has affected the economy. He has come to you because he noticed that he is spiraling downwards at a very high speed. Construct a miracle question to support moving Juri's therapy forwards. 6 marks

5. Bowen theory is a system theory.

- a) Explain two perspective it may provide in an individual therapy session 4 marks
- b) Describe how the roots of the following systemic symptoms operate:
 - i) Child symptom
 - ii) Spouse symptoms 6 marks

6. Exploration of spiritual contents of the client is a significant part of assessment and process. Describe how useful the following spiritual themes in a client will be in the process of therapy:

- a) Belief to a Supreme Being or otherwise
- b) Affiliation and practices with religious groups
- c) Religious resources a client has
- d) Themes of guilt and forgiveness
- e) Personal comfort related to ideas of spirituality 10 marks



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MAY-AUGUST 2020

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU3122

COURSE TITLE: CLINICAL SUPERVISION II

EXAM DATE: 24th August

TIME: 2.30-4.30 (Two hrs – it is a two hrs credit course)

INSTRUCTIONS

- Write your **student number** on the answer booklet provided.
- Read the questions carefully before attempting.
- This Exam accounts for thirty (30) per cent of your total grading. The exam will be marked out of 40 and then worked out of 30.
- The Exam has two sections – Section A and B.
- Section A has a compulsory question that carries **Twenty (20)** marks. Attempt all the sections.
- Section B has **three (3)** questions, each carrying **Ten (10)** marks. You are required to answer any **three (2)**.
- Only the first three questions from section B attempted on your answer booklet will be marked. If you do not wish that to happen, cancel any answers you do not wish marked.

SECTION A: ATTEMPT ALL THE SECTIONS OF THIS QUESTION. TOTAL MARKS TWENTY (20).

1. Jada came for therapy with an alcohol abuse problem, hopelessness and a broken family.
 - a) Outline symptoms you are likely to observe in Jada. 4 marks
 - b) Present at least three major areas you would explore to understand Jada's problem. 6 marks.
 - c) Describe three ways narrative therapy would seek to help Jada. 6 marks
 - d) A peer in debriefing tells you that you would need to organize some social support for Jada. Explain how you would do that. 4 marks

PART B: ANSWER ANY TWO QUESTIONS FROM THIS SECTION. EACH QUESTION CARRIES 10 MARKS.

2. Clinical supervision and peer support are important facilities for the support of a therapists.
 - a) Suggest the risks faced by a therapist who lacks this. 2 marks
 - b) Explain how to organize your clients' presentation so that you get maximum benefits from a supervision session. 4 marks
 - c) Explain the role of a therapeutic process recall after a session. 2 marks
3. Explain how the following weekly reflection areas support the growth of a therapist:
 - a) The use of models in the sessions.
 - b) The encounter of unfinished business during therapy.
 - c) Examining changes instituted by the student therapist during the week.
 - d) Reflection on areas of needed growth.
 - e) Lifting areas that the client has grown in. 10 marks
4. Ruba is frustrated because every relationship she engages in ends in sexual exploitation and then rejection. She presented with depressive symptoms.
 - a) Discuss how you would explore her sexuality. 5 marks
 - b) Suggest spiritual perceptions that can explain Rubi's issue. 5 marks



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MAY - AUGUST 2020 SEMESTER

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU 2133

COURSE TITLE: INTRO TO COUNSELLING ETHICS

EXAM DATE: AUGUST 18, 2020

DURATION: 2 HOURS

TIME: 11:15 AM – 1:15 PM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your **STUDENT NUMBER** in the Answer Booklet given
- **Answer question 1 and any other TWO questions**
- *Write clearly and legibly.*
- *ALL PAC University's examination rules and regulations apply*

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SECTION A: ANSWER ALL QUESTIONS

Question 1 (Total marks 20)

- a) Define the following term:
 - Counselling Ethics (2 marks)
- b) Explain the following terms:
 - Informed consent (4 marks)
 - Confidentiality (4 marks)
 - Privileged information (4 marks)
- c) Discuss three objectives of counselling ethics (6 marks)

SECTION B: ANSWER ANY TWO QUESTIONS (Total marks 20)

Question 2

- a) Distinguish between values and ethics (4 marks)
- b) Explain the awareness a counselor ought to have in ethical decision making (6 marks)

Question 3

- a) Outline two benefits of a counsellor's personal therapy (4 marks)
- b) Describe any three contents of informed consent (6 marks)

Question 4

- a) Explain how the principle of confidentiality works in group or couple counselling (4 marks)
- b) Discuss any three circumstances that can propel cause a counselor to refer a client (6 marks)



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MAY - AUGUST 2020 SEMESTER

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU 4133

COURSE TITLE: GENDER STUDIES

EXAM DATE: AUGUST 18, 2020

DURATION: 2 HOURS

TIME: 8:15 AM – 10:15 AM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your **STUDENT NUMBER** in the Answer Booklet given
- **Answer question 1 and any other TWO questions**
- *Write clearly and legibly.*
- *ALL PAC University's examination rules and regulations apply*

SECTION A: ANSWER ALL QUESTIONS

Question 1

- a) Distinguish between the following terms:
 - Sex and gender (4 marks)
 - Homosexuality and transsexuality (4 marks)
- b) Critic the view that the presence of women in the professions is evidence that gender bias is not rampant as it was in the past (4 marks)
- c) Explain in two points reasons women are the majority in the clientele and professional therapists populations (4 marks)
- d) Compare and contrast between women and men in relation to mental and physical differences (4 marks)

SECTION B: ANSWER ANY TWO QUESTIONS

Question 2

- a) Explain how the environment influences the behavior of both men and women (4 marks)
- b) Discuss the view by social scientists that men and women are physically, cognitively, and emotionally alike than different (6 marks)

Question 3

- a) Critic from a biblical perspective Jung's view that there is no pure male or female (4 marks)
- b) Describe any two influences of the development of gender (6 marks)

Question 4

- a) State two reasons women are more likely than men to seek for therapeutic intervention (4 marks).
- b) Discuss any two dimensions of power (6 marks)



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**END OF SEMESTER EXAMINATION FOR THE BACHELOR OF ARTS IN
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MAY – AUGUST 2020 TRIMESTER

CAMPUS: ONLINE EXMINATION

COURSE CODE: COU 3223 COURSE TITLE: ALCOHOL AND DRUG ABUSE

EXAM DATE: AUGUST 19TH 2020

DURATION: 3 HOURS

TIME: 2.30-5.30 PM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your STUDENT NUMBER in the Answer Booklet given
- This Exam has TWO SECTIONS
- **SECTION ONE** is Compulsory.
- **SECTION TWO** *Choose Any Three Questions*
- *Write clearly and legibly.*

SECTION ONE

QUESTION ONE

- a) Analyze two symptoms that can help to identify alcohol and substance abusers (4 Marks)
- b) Discuss three (3) effects of alcohol abuse on the abusers **(6marks)**

SECTION TWO

QUESTION TWO

- a) Critically analyze two (2) alcohol withdrawal symptoms (4marks)
- b) Evaluate the first three (6) stages of alcohol and substance abuse addiction (10 marks)

QUESTION THREE

- a) Describe how you can counsel a recovering addict who is experiencing repeated episodes of relapse. (6 marks)
- b) Evaluate the role of family in the rehabilitation of an addicted family member. (4 marks)

QUESTION FOUR

- a) Critically analyze three (3) treatment approaches for alcohol and substance abuse (6 marks)
- b) Describe two (2) classifications of drugs (4 marks)

QUESTION FIVE

- a) Describe two (2) factors you need to consider before referring a client to a rehabilitation program (4marks)
- b) Discuss in details two (2) types of rehabilitation programs for alcohol and drug abusers. (6 marks)



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MAY-AUGUST 2020 SEMESTER

CAMPUS: ROYSAMBU CAMPUS

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU 2321

COURSE TITLE: LOSS AND GRIEF

EXAM DATE: WED 19TH AUGUST

DURATION: 3 HOURS

TIME: 2.30-5.30 PM

DAY CLASS

Instructions answer question one and any other three

SECTION A COMPULSORY

Question one

a) Differentiate the term grief from bereavement.
(2 marks)

b) Distinguish instrumental from intuitive grieving.
(2 marks)

c) Identify any two symptoms of grief.
(2 marks)

d) Distinguish grief from complicated grief.
(2 marks)

e) Explain any two circumstances in which a grieving client should seek for professional help. (2 marks)

Question two

a) A client has been referred to you for counselling. She lost her four year old child due to a terminal illness. Using Kubler Ross stages of grief, discuss how you would counsel such a client.
(4 marks).

b) “Grief is universal , grieverers are distinctive”. Discuss the above statement. (2 marks)

c) Discuss any two factors that influence the duration of grieving. (4 marks)

Question three

a) Critically examine any two tasks of grieving as outlined by William Worden.
(6 marks)

- b) A client who is grieving comes to you for therapy. He is very angry. Identify some of the people he may be angry with and how you would help him deal with the anger. (4 marks).

Question four

- a) Critically examine any three symptoms of complicated grief. (6 marks)
- b) Discuss any two causes of complicated grief. (4 marks)

Question five

- a) You have diagnosed a client with complicated grief. Discuss any three components you would recommend in your treatment plan. (6 marks).
- b) Discuss any two reasons why grief may be disenfranchised. (4 marks)

Question six

- a) Differentiate grief from depression. (4 marks)
- b) Using examples, discuss any three reasons why therapists may require to keep cultural influences in mind when counselling bereaved clients. (6 marks)



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MAY-AUGUST 2020 SEMESTER

CAMPUS: ROYSAMBU CAMPUS

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU 4223

COURSE TITLE: PSYCHOLOGICAL TESTING

EXAM DATE: TUE 18TH AUGUST

DURATION: 3 HOURS

TIME 2.30-5.30

(DAY CLASS)

Instructions: Answer question one and any other three questions

SECTION A (COMPUSORY)

Question one

- a) Discuss the main use of psychological testing. (2 marks)
- b) Explain the term standardization as used in psychological testing. (2 marks)
- c) Using examples differentiate dichotomous from polytomous item formats. (4 marks)
- d) Differentiate structured from unstructured clinical interviews. (2 marks)

SECTION B

Question two

- a) Critically analyze any two ethical principles in psychological testing. (6 marks)
- b) Discuss any two types of tests. (4 marks)

Question three

- a) Discuss any three guidelines for item writing. (6 marks)
- b) Analyze any two advantages of true/false tests. (4 marks)

Question four

- a) Discuss the importance of a clinical interview as an assessment tool. (4 marks)
- b) Using examples, differentiate personality assessment from behavioral assessment. (6 marks)

Question five

- a) Discuss any three steps that need to be followed when conducting a clinical interview. (6 marks)
- b) Discuss any two challenges counsellors are likely to encounter when conducting clinical interviews. (4 marks)

Question six

- a) Discuss any four components of a Mental Status Examination (MSE). (8marks)
- b) Differentiate personality test from a mental status examination. (2marks)



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MAY-AUGUST 2020 SEMESTER

CAMPUS: ROYSAMBU CAMPUS

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU 4323

COURSE TITLE: PREMARITAL COUNSELLING

EXAM DATE: FRI 28 AUGUST

DURATION: 3 HOURS

TIME:11.15-2.15

(DAY CLASS)

Instruction: Answer question one and any other three

Section A COMPULSORY

Question one

- a) Explain the term premarital counselling. (2 marks)
- b) Critically analyze three reasons why people get married. (3 marks)
- c) Discuss any three factors that influence mate selection. (3 marks)
- d) Discuss any one personality temperament and its contribution to understanding spouses behavior. (2 marks).

SECTION B

Question two

- a) Critically examine any five ways in which family backgrounds influence choice of marriage partners (5 marks)
- b) Discuss any five goals of premarital counselling (5 marks)

Question three

John got married to Esther two years ago. When they first got married, the couple used to enjoy many meaningful conversations. A year ago they got their first child. In addition, John got a high paying job. Most of his colleagues are ladies. Esther has a part-time job as a nurse in a nearby hospital. She has also invited her sister to come and live with them. John and Esther hardly talk. They seem angry with each other most of the time.

- a) Discuss any two causes of poor communication in this marriage (4 marks)
- b) Identify any two changes that the couple needs to make in their lives (2 marks)
- c) Suggest two ways in which this couple can deal with their misunderstandings. (4 marks)

Question four

- a) Using examples discuss any five differences between men and women's needs. (5 marks)
- b) Illustrate with examples how the above differences can lead to marital conflicts. (5 marks)

Question five

- a) Discuss the importance of communication in marriage. (5 marks)
- b) Illustrate any two ways in which spouses can build intimacy in their marriage. (5 marks)

Question six

- a) "Conflicts are inevitable in a marriage relationship" Discuss the above statement. (4 marks)
- b) Discuss any three ways in which conflicts can be resolved in marriage. (6 marks)



COURSE TITLE: INTRODUCTION TO MARRIAGE AND FAMILY THERAPY

CODE: COU3213

EXAM DATE: AUGUST 17, 2020

DURATION: 2 HOURS

TIME: 11.15-13.15

INSTRUCTIONS

Read the instructions and questions carefully before you write the answers.

Write your STUDENT NUMBER in the Answer Booklet given

This Exam has TWO SECTIONS

SECTION A is Compulsory.

Answer **ANY THREE** questions in **SECTION B**

Write clearly and legibly.

COMPULSORY QUESTION

QUESTION ONE:

(10 Marks)

- A) Describe the paradox of negativity in marital interaction. **(2 Marks)**
- B) Kiwewe is twenty-five years old, a born-again devoted Christian, lives at home, and has just finished his Masters degree. He is trying to find a job and has unsuccessfully applied for a number of different positions. Yesterday, Kiwewe received another rejection letter. He has not informed his only surviving parent. His mother expects him to support him in bringing up his four younger siblings. Kiwewe sat in his room all night, feeling very frustrated, surfing the Internet, and crying. He has disclosed to his therapist that he has no reason why she should apply for any other job. Besides, he has withdrawn from his friends, lost interest in his favourite hobbies, and he is beginning to gain weight. His therapist has referred Kiwewe to you for help.

- i. Conceptualize Kiwewe's main issue from the Narrative Model. (2 Marks)
- ii. Describe two interventions from the Narrative Model that you will use to treat presenting (s) in (i) above. (2 Marks)
- iii. Who else would you work invite to therapy and why? (2 Marks)

C). Identify two unique ways and for each, give an example of how a family system changes (2 Marks)

ANSWER ANY THREE QUESTIONS FROM THIS SECTION (30 MARKS)

QUESTION TWO:

- A). Explain six different ways why working with families can be very emotionally draining for a beginning therapist. (6 Marks)
- B). In four different ways, critique the importance of the, "No secrete policy" when working with families (4 Marks)

QUESTION TWO:

- A) Demonstrate how many relationships there are in a family of 7 individuals? (2 Marks)
- B) Illustrate in three paragraphs how "connectedness" is important in the Synergistic Influences of Transactional Processes in family resilience. (6 Marks)
- C) How important is object relations theory in family therapy? (2 Marks)

QUESTION THREE:

- A) Which of the following is not the focus of the family therapy? (1 Marks)
 - i. Circular thinking shifts blame to no blaming
 - ii. In circular causality everyone's behavior impacts everyone else's
 - iii. Thinking in circles empowers the client to look at the half of the equation he/she can control
 - iv. Individuals are isolated from the emotional origins of their conflict
 - v. Family therapy helps parents and children to transform their interactions.
- B) Critique five ways how the therapist's lack of theoretical clarity affects therapeutic outcomes (5 Marks)
- C) Illustrate with examples, four similarities between family therapy and multicultural counselling. (4 Marks)

QUESTION FOUR:

- A) In studying a family and its beliefs and needs, a counsellor must ethically avoid: (1 Marks)
- i. Allowing personal bias to interfere
 - ii. Assuming information not in evidence
 - iii. Stereotyping the individual participants
 - iv. Formulating goals according to how each family presents the family issues
 - v. Only i, ii, and iii
- B) Examine five reasons why it might be difficult for some family members to consider family therapy? (5 Marks)
- C) Discuss two problem-solving styles commonly expressed in healthy marriages? (4 Marks).

QUESITON FIVE:

- A) When working with argumentative families, the therapist who uses the McMaster Approach to Families tends to avoid: (1 Marks)
- i. Maintaining neutrality
 - ii. Letting the anger run its course until patterns emerge
 - iii. Intervening by moving from the emotional to the cognitive
 - iv. An emotional trap
 - v. None of the above
- B) Compare and contrast three key differences between individual therapies and family therapies (6 Marks).
- C) Explain three potential pitfalls that a therapist who is struggling with heteronormality is likely to experience in family therapy? (3 Marks)



COURSE TITLE: COUPLE COUNSELLING TECHNIQUES

CODE: COU4353

EXAM DATE: AUGUST 24, 2020

DURATION: 2 HOURS

TIME: 0800-1000

INSTRUCTIONS

Read the instructions and questions carefully before you write the answers.

Write your STUDENT NUMBER in the Answer Booklet given

This Exam has TWO SECTIONS

SECTION A is Compulsory.

Answer **ANY THREE** questions in **SECTION B**

Write clearly and legibly.

SECTION A IS COMPULSORY

(10 MARKS)

QUESTION ONE:

- a) Differentiate three ways how infidelity is defined in couple therapy. (3 Marks)
- b) Explain three reasons why you would teach couples not to use avoidance in conflict resolution (3 Marks)
- c) Mawazo, a Kenyan and Wisdom, Nigerian have been married for the last seven years. They are currently struggling with a perpetually gridlocked issue. Which of the components of the systems model are you likely to use in helping them to assess their underlying issues? (4 Marks)

ANSWER ANY THREE QUESTIONS

(30 MARKS)

QUESTION TWO:

- a) Demonstrate two ways how the couple's attachment dimensions are associated with infidelity. (2 Marks)
- b) Identify four ways that motivational interviewing is important to couple therapy. (4 Marks)
- c) Most couples only deal with their issues in the context of events. Discuss (4 Marks)

QUESTION THREE:

- a) Using biblical examples, identify four habits that contribute to marital success in Pragmatic/Experiential Therapy (4 Marks)
- b) If you really love me, you would know what I want, and you would do it. Since you don't you obviously don't care." Critique this statement from a Pre-marital Counselling perspective (2 Marks)
- c) Demonstrate the importance of marital/romantic security to a couple's relationship. (4 Marks)

QUESTION FOUR:

- a) Explain how the concept of the "Four Horsemen of the Apocalypse" is relevant in the Kenyan context. (8 Marks).
- b) Describe with an example, two characteristics for disengaged boundaries. (2 Marks)

QUESTION FIVE:

- a) "Turning Towards" plays a key role in couple's relationship. Discuss. (4 Marks)
- b) How significant is the use of the "biopsychosocial-spiritual perspective" in couple assessment? (6 Marks)



COURSE TITLE: MULTICULTURAL COUNSELLING

CODE: COU3323

EXAM DATE: AUGUST 25, 2020

DURATION: 2 HOURS

TIME: 1430-1630

INSTRUCTIONS

Read the instructions and questions carefully before you write the answers.

Write your STUDENT NUMBER in the Answer Booklet given

This Exam has TWO SECTIONS

SECTION A is Compulsory.

Answer **ANY THREE** questions in **SECTION B**

Write clearly and legibly.

SECTION A: 10 MARKS

QUESTION ONE:

- a) In three paragraphs, critique three implications for multicultural competence in the counselling process (3 Marks).
- b) Describe three challenges that therapists are likely to experience in multicultural counselling (3 Marks)
- c) Identify four multicultural issues that are applicable in the contemporary Kenyan culture from the text below (Acts 6:1-7). (4 Marks)

6 In those days when the number of disciples was increasing, the Hellenistic Jews among them complained against the Hebraic Jews because their widows were being overlooked in the daily distribution of food. ² So the Twelve gathered all the disciples together and said, "It would not be right for us to neglect the ministry of the word of God in order to wait on tables.

³ Brothers and sisters, choose seven men from among you who are known to be full of the Spirit and wisdom. We will turn this responsibility over to them ⁴ and will give our attention to prayer and the ministry of the word.

⁵ This proposal pleased the whole group. They chose Stephen, a man full of faith and of the Holy Spirit; also Philip, Procorus, Nicanor, Timon, Parmenas, and Nicolas from Antioch, a convert to Judaism. ⁶ They presented these men to the apostles, who prayed and laid their hands on them.

⁷ So the word of God spread. The number of disciples in Jerusalem increased rapidly, and a large number of priests became obedient to the faith

SECTION B: 30 MARKS

QUESTION TWO:

- a) Identify three features that are often considered as therapeutic taboo from a multicultural perspective (3 Marks)
- b) Illustrate using examples (in one paragraph for each) four questions that can help you to put multicultural issues in context when working with families (4 Marks)
- c) Distinguish three purposes of multicultural training (3 Marks)

QUESTION THREE:

- a) Illustrate three ways how you can carry out a self-evaluation for multicultural competence. (3 Marks)
- b) A recent clip from Youtube was circulated on WhatsApp with the following information, "Kenyan madmen speak better English than both Tanzania and Uganda combined." Critique the potential implications of this clip on the identified individuals. (4 Marks).
- c) Discuss three major contribution of Feminism to multicultural counselling. (3 Marks).

QUESTON FOUR:

- a) Using relevant examples, critique four ways that the elderly are likely to experience discrimination in the counselling setting? (5 Marks)
- b) Provide four interventions that you can provide in the Church setting for older adult members (senior citizens) who experience discrimination within the society (5 Marks)

QUESTION FIVE:

- a) Explore three possible solutions (three paragraphs) to counter heteronormality in the contemporary society (6 Marks)
- b) How is the movement, “Black Lives Matter” relevant in the Kenyan context? (4 Marks).



PAN AFRICA CHRISTIAN UNIVERSITY

END OF TERM EXAMINATION (MAY TO AUGUST 2020)

CAMPUS: ROYSAMBU

DEPARTMENT: COUNSELING PSYCHOLOGY

COURSE CODE: UCC 202

COURSE TITLE: HEALTH AND SOCIAL ISSUES

EXAM DATE: AUGUST 2020

TIME: 2.00 PM – 4.00 PM Two (2) HOURS

INSTRUCTIONS

- **Read all questions carefully before attempting.**
- **Write your student number on the answer booklet provided.**
- **Question ONE IN SECTION ONE is Compulsory.**
- **Answer any other THREE questions FROM SECTION TWO**

SECTION ONE - COMPULSORY QUESTION

QUESTION 1

Discuss how the following factors influence the health of people living with HIV/AIDS:

- a) biological
- b) social
- c) economic
- d) spiritual and
- e) psychological

(10 marks)

SECTION TWO: ANSWER ANY OTHER THREE QUESTIONS FROM THIS SECTION

QUESTION 2

- a) Explain two occupational health and safety measures a university needs to put in place (2 marks).
- b) You are the CEO of a thriving organization that manufactures food for human consumption. It has come to your attention through the media, that some of your products are contaminated. The consumers are protesting for your product to be withdrawn from the market while others are threatening to sue your organization. Discuss four main steps you can use to go about the initial Crisis response to salvage the situation (8 marks).

QUESTION 3

- a) Describe two ways in which the social media has played a role in the sexuality of adolescents in our society (2 marks).
- b) Discuss four ways in which sexual orientation can affect the health of individuals in our society (8 marks).

QUESTION 4

- a) Describe five possible causes of ethnocentrism (5 marks).
- b) Describe five ways ethnocentrism can affect socio-economic development in our country (5 marks).

QUESTION 5

- a) Describe two gender-based empowerment projects in our society (2 marks).
- b) Discuss four effects of gender based empowerment in our communities (8 marks).



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

**END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS COUNSELLING PSYCHOLOGY**

MAY-AUGUST 2020

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU2313

COURSE TITLE: ABNORMAL PSYCHOLOGY

EXAM DATE: 21st August

TIME: 2.30-5.30

INSTRUCTIONS

- Write your **student number** on the answer booklet provided.
- Read the questions carefully before attempting.
- This Exam accounts for thirty (**30**) per cent of your total grading. The exam will be marked out of **50** and then worked out of **30**.
- The Exam has two sections – Section A and B.
- Section A has a compulsory question that carries **Twenty (20)** marks. Attempt all the sections.
- Section B has **five (5)** questions, each carrying **Ten (10)** marks. You are required to answer any **three (3)**.
- Only the first **three** questions from section B attempted on your answer booklet will be marked. If you do not wish that to happen, cancel any answers you do not wish marked.

ALL PAC University's examination rules and regulations apply

SECTION A: ATTEMPT ALL THE SECTIONS OF THESE QUESTION. TOTAL MARKS TWENTY (20).

1. Juda was given his first client in the practicum site. He remembered that assessment must be thorough.
 - a) Outline the significance of doing the following exploration in therapy:

- i) The history of the problem (Background to the problem)
 - ii) The family history
 - b) Professionals in the field use different assessment model to understand abnormality in a client. Explain the models listed below
 - i) Diathesis-stress model
 - ii) Family system model
 - iii) Sociocultural model
 - iv) Cognitive-behavioral model
- 8 marks
- 12 marks

PART B: ANSWER ANY THREE QUESTIONS FROM THIS SECTION. EACH QUESTION CARRIES 10 MARKS.

2. Psychological abnormality described using key words. Critique with examples, the following terms used for its description:
 - a) Deviant
 - b) Perception of reality
 - c) Distressing
 - d) Maladaptive
 - e) Dangerousness

10 marks
3. Suicide is always a major risk in those that seek therapy.
 - a) Distinguish between suicide and self-harm in the management of clients 4 marks
 - b) Describe how each of the three areas below help you to assess suicidal risk:
 - i) Suicidal plan
 - ii) Realistic

6 marks
4. Outline how the following perspective explain abnormality
 - a) Psychoanalytic perspective
 - b) Humanistic perspective
 - c) Behavioral perspective
 - d) Cognitive perspective
 - e) Biomedical/Neuroscience perspective

10 marks
5. Personality disorders get the view that they are unique among the other categories of disorders. Explain how the following personality disorders are disruptive to self and relationships.
 - a) Narcissistic personality disorder
 - b) Paranoid personality disorder

10 marks
6. According to the Bible, the sin of Adam, usually referred to as the fall, is the root of all human suffering. Therefore, abnormality is not only psychological but also spiritual.
 - a) Discuss this perspective. 2 marks
 - b) Suggest different ways Christian spirituality can support those suffering from mental disorders. 8 marks



PAN AFRICA CHRISTIAN UNIVERSITY

BA IN COUNSELLING PSYCHOLOGY

END OF TERM EXAMINATION-ONLINE (August 2020)

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU2233

COURSE TITLE: HUMAN RELATIONS

EXAM DATE: August 20th, 2020

TIME: (3) HOURS

INSTRUCTIONS

- **Read all questions carefully before attempting.**
- **Write your student number where required**
- **Question ONE is Compulsory.**
- **Answer any other FOUR questions from the choices provided.**

This exam is 60% of the final grade

1. Kato is the owner of Kivu Hypermarket. His family and close friends describe Kato as a friendly, caring person who is easy to work with. However, his employees know him as a rough, explosive and scary boss who is hard to please and who achieves his goals at the expense of his employee. Of late, Kato has noticed a high turnover of his employees. As a Christian businessman, he would like his business to be successful profit making and also impacting the lives of his employee. After careful considerations, he has come to you for Counselling.

- a) Identify Kato's TWO styles of communication towards his employee. **(5 Marks)**
- b) Discuss TWO ways how Kato's communication styles affect his worker's relationship and their quality of work. **(5 Marks)**
- c) Demonstrate to your client in TWO ways the process of good communication. **(5 Marks)**
- d) Discuss any TWO qualities of good relationship Kato will need to develop. **(5 Marks)**

2. Differentiate the following terms using relevant examples.

- a) Identity and body image **(3 Marks)**
- b) Prejudice and discrimination **(3 Marks)**
- c) Submissive and assertive communication **(4 Marks)**

3. a) Explain with examples THREE (3) characteristics of agape love. **(6 Marks)**

b) Specify in TWO ways why agape love is essential in all human relations. **(4 Marks)**

4.a) Define self - concept **(2 Marks)**

b) Analyze TWO factors that constitutes a health self - concept. **(4 Marks)**

c) Discuss TWO factors that affects self-concept **(4 Marks)**

5. a) Summarize TWO advantages of contemporary communication on human relations.

(4 Marks)

rks)

b) Propose THREE ways you think Christian theology fosters cross-cultural human relations.

(6 Marks)

rks)

6. a) Examine **THREE** factors that make human relations “costly”.

(6 Marks)

s)

b) Discuss in **TWO** ways the importance of self-awareness.

(4 Marks)

7. a) Identify THREE characteristics of human relations governed by the scriptures.

(6 Marks)

b) Spell out TWO aspects of a good leader.

(4 Marks)



SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

DEPARTMENT OF PSYCHOLOGY

END OF SEMESTER EXAMINATION FOR THE BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY

MAY – AUGUST 2020 TRIMESTER

CAMPUS: ONLINE EXAMINATION

COURSE CODE: COU 3223 COURSE TITLE: ALCOHOL AND DRUG ABUSE

EXAM DATE: AUGUST 19TH 2020

DURATION: 3 HOURS

TIME: 2.30-5.30 PM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your STUDENT NUMBER in the Answer Booklet given
- This Exam has TWO SECTIONS
- **SECTION ONE** is Compulsory.
- **SECTION TWO** *Choose Any Three Questions*
- *Write clearly and legibly.*

SECTION ONE

QUESTION ONE

- a) Analyze two symptoms that can help to identify alcohol and substance abusers (4 Marks)
- b) Discuss three (3) effects of alcohol abuse on the abusers **(6marks)**

SECTION TWO

QUESTION TWO

- a) Critically analyze two (2) alcohol withdrawal symptoms (4marks)
- b) Evaluate the first three (3) stages of alcohol and substance abuse addiction (6 marks)

QUESTION THREE

- a) Describe any three ways in which you can counsel a recovering addict who is experiencing repeated episodes of relapse. (6 marks)
- b) Evaluate the role of family in the rehabilitation of an addicted family member. (4 marks)

QUESTION FOUR

- c) Critically analyze three (3) treatment approaches for alcohol and substance abuse (6 marks)
- d) Describe two (2) classifications of drugs (4)

QUESTION FIVE

- a) Describe two (2) factors you need to consider before referring a client to a rehabilitation program (4marks)
- b) Discuss in details two (2) types of rehabilitation programs for alcohol and drug abusers. (6 marks)



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END OF SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY

MAY-AUGUST 2020 SEMESTER

CAMPUS: ONLINE EXAM

COURSE TITLE: INTRODUCTION TO MARRIAGE AND FAMILY THERAPY

CODE: COU3213

EXAM DATE: AUGUST 17, 2020

DURATION: 3 HOURS

TIME: 11.15-13.15

INSTRUCTIONS

Read the instructions and questions carefully before you write the answers.

Write your STUDENT NUMBER in the Answer Booklet given

This Exam has TWO SECTIONS

SECTION A is Compulsory.

Answer **ANYTHREE** questions in **SECTION B**

Write clearly and legibly

COMPULSORY QUESTION

QUESTION ONE:

(10 Marks)

- A) Describe the paradox of negativity in marital interaction. (2 Marks)
- B) Kiwewe is twenty-five years old, a born-again devoted Christian, lives at home, and has just finished his Masters degree. He is trying to find a job and has unsuccessfully applied for a number of different positions. Yesterday, Kiwewe received another rejection letter. He has not informed his only surviving parent. His mother expects him to support him in bringing up his four younger siblings. Kiwewe sat in his room all night, feeling very frustrated, surfing the Internet, and crying. He has disclosed to his therapist that he has no reason why she should apply for any other job. Besides, he has withdrawn from his friends, lost interest in his favourite hobbies, and he is beginning to gain weight. His therapist has referred Kiwewe to you for help.
- i. Conceptualize Kiwewe's main issue from the Narrative Model. (2 Marks)
 - ii. Describe two interventions from the Narrative Model that you will use to treat presenting (s) in (i) above. (2 Marks)
 - iii. Who else would you invite to therapy and why? (2 Marks)
- C). Identify two unique ways and for each, give an example of how a family system changes (2 Marks)

ANSWER ANY THREE QUESTIONS FROM THIS SECTION (30 MARKS)

QUESTION TWO:

- A). Explain six different ways why working with families can be very emotionally draining for a beginning therapist. (6 Marks)
- B). In four different ways, critique the importance of the, "No secrets policy" when working with families (4 Marks)

QUESTION TWO:

- A) Demonstrate how many relationships there are in a family of 7 individuals? (2 Marks)
- B) Illustrate in three paragraphs how "connectedness" is important in the Synergistic Influences of Transactional Processes in family resilience. (6 Marks)
- C) Discuss the importance of object relations theory in family therapy (2 Marks)

QUESTION THREE:

- A) Which of the following is not the focus of the family therapy? (1 Marks)
- i. Circular thinking shifts blame to no blaming

- ii. In circular causality everyone's behavior impacts everyone else's
- iii. Thinking in circles empowers the client to look at the half of the equation he/she can control
- iv. Individuals are isolated from the emotional origins of their conflict
- v. Family therapy helps parents and children to transform their interactions.

- B) Critique five ways how the therapist's lack of theoretical clarity affects therapeutic outcomes (5 Marks)
- C) Illustrate with examples, four similarities between family therapy and multicultural counselling. (4 Marks)

QUESTION FOUR:

- A) In studying a family and its beliefs and needs, a counsellor must ethically avoid: (1 Marks)
- i. Allowing personal bias to interfere
 - ii. Assuming information not in evidence
 - iii. Stereotyping the individual participants
 - iv. Formulating goals according to how each family presents the family issues
 - v. Only i, ii, and iii
- B) Examine five reasons why it might be difficult for some family members to consider family therapy? (5 Marks)
- C) Discuss two problem-solving styles commonly expressed in healthy marriages? (4 Marks).

QUESTION FIVE:

- A) When working with argumentative families, the therapist who uses the McMaster Approach to Families tends to avoid: (1 Marks)
- i. Maintaining neutrality
 - ii. Letting the anger run its course until patterns emerge
 - iii. Intervening by moving from the emotional to the cognitive
 - iv. An emotional trap
 - v. None of the above
- B) Compare and contrast three key differences between individual therapies and family therapies (6 Marks).
- C) Explain three potential pitfalls that a therapist who is struggling with heteronormativity is likely to experience in family therapy? (3 Marks)



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END OF SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY

MAY-AUGUST 2020 SEMESTER

CAMPUS: ONLINE EXAM

COURSE TITLE: COUPLE COUNSELLING TECHNIQUES

CODE: COU4353

EXAM DATE: AUGUST 24, 2020

DURATION: 3 HOURS

TIME: 0800-1100am

INSTRUCTIONS

Read the instructions and questions carefully before you write the answers.

Write your STUDENT NUMBER in the Answer Booklet given

This Exam has TWO SECTIONS

SECTION A is Compulsory.

Answer **ANYTHREE** questions in **SECTION B**

Write clearly and legibly.

SECTION A IS COMPULSORY

(10 MARKS)

QUESTION ONE:

- a) Differentiate three ways how infidelity is defined in couple therapy. (3 Marks)

- b) Explain three reasons why you would teach couples not to use avoidance in conflict resolution (3 Marks)
- c) Mawazo, a Kenyan and Wisdom, Nigerian have been married for the last seven years. They are currently struggling with a perpetually gridlocked issue. Which of the components of the systems model are you likely to use in helping them to assess their underlying issues? (4 Marks)

ANSWER ANY THREE QUESTIONS

(30 MARKS)

QUESTION TWO:

- a) Demonstrate two ways how the couple's attachment dimensions are associated with infidelity. (2 Marks)
- b) Identify four ways that motivational interviewing is important to couple therapy. (4 Marks)
- c) Most couples only deal with their issues in the context of events. Discuss this statement. (4 Marks)

QUESTION THREE:

- a) Using biblical examples, identify four habits that contribute to marital success in Pragmatic/Experiential Therapy (4 Marks)
- b) If you really love me, you would know what I want, and you would do it. Since you don't you obviously don't care." Critique this statement from a Pre-marital Counselling perspective (2 Marks)
- c) Demonstrate the importance of marital/romantic security to a couple's relationship. (4 Marks)

QUESTION FOUR:

- a) Explain how the concept of the "Four Horsemen of the Apocalypse" is relevant in the Kenyan context. (8 Marks).
- b) Describe with an example, two characteristics for disengaged boundaries. (2 Marks)

QUESTION FIVE:

- a) "Turning Towards" plays a key role in couple's relationship. Discuss. (4 Marks)
- b) Discuss any three ways in which the use of the "biopsychosocial-spiritual perspective" is significant in couple assessment? (6 Marks)



SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

END OF SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY

MAY-AUGUST 2020 SEMESTER

CAMPUS: ONLINE EXAM

**COURSE TITLE: MULTICULTURAL COUNSELLING
CODE: COU3323**

**EXAM DATE: AUGUST 25, 2020
DURATION: 3 HOURS
TIME: 6-9 PM
INSTRUCTIONS**

Read the instructions and questions carefully before you write the answers.

Write your STUDENT NUMBER in the Answer Booklet given

This Exam has TWO SECTIONS

SECTION A is Compulsory.

Answer **ANYTHREE** questions in **SECTION B**

Write clearly and legibly.

SECTION A: 10 MARKS

QUESTION ONE:

- a) In three paragraphs, critique three implications for multicultural competence in the counselling process (3 Marks).
- b) Describe three challenges that therapists are likely to experience in multicultural counselling (3 Marks)
- c) Explain four multicultural issues that are applicable in the contemporary Kenyan culture from the text below (Acts 6:1-7). (4 Marks)

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³ Brothers and sisters, choose seven men from among you who are known to be full of the Spirit and wisdom. We will turn this responsibility over to them ⁴ and will give our attention to prayer and the ministry of the word.

⁵ This proposal pleased the whole group. They chose Stephen, a man full of faith and of the Holy Spirit; also Philip, Procorus, Nicanor, Timon, Parmenas, and Nicolas from Antioch, a convert to Judaism. ⁶ They presented these men to the apostles, who prayed and laid their hands on them.

⁷ So the word of God spread. The number of disciples in Jerusalem increased rapidly, and a large number of priests became obedient to the faith

SECTION B: 30 MARKS

QUESTION TWO:

- a) Discuss three features that are often considered as therapeutic taboo from a multicultural perspective (3 Marks)
- b) Illustrate using examples (in one paragraph for each) four questions that can help you to put multicultural issues in context when working with families (4 Marks)
- c) Analyse three purposes of multicultural training (3 Marks)

QUESTION THREE:

- a) Illustrate three ways how you can carry out a self-evaluation for multicultural competence. (3 Marks)
- b) A recent clip from Youtube was circulated on WhatsApp with the following information, "Kenyan madmen speak better English than both Tanzania and Uganda combined." Critique the potential implications of this clip on the identified individuals. (4 Marks).
- c) Discuss three major contribution of Feminism to multicultural counselling. (3 Marks).

QUESTON FOUR:

- a) Using relevant examples, critique five ways that the elderly are likely to experience discrimination in the counselling setting? (5 Marks)
- b) Provide five interventions that you can provide in the Church setting for older adult members (senior citizens) who experience discrimination within the society (5 Marks)

QUESTION FIVE:

- a) Explore three possible solutions (three paragraphs) to counter heteronormality in the contemporary society (6 Marks)
- b) Explain how the movement, “Black Lives Matter” is relevant in the Kenyan context? (4 Marks).