



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 2021

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU2332

COURSE TITLE: CLINICAL SUPERVISION II

EXAM DATE:

TIME:

INSTRUCTIONS

- Read the questions carefully before attempting.
- This Exam accounts for thirty (30) per cent of your total grading.
- The Exam has two sections – Section A and B.
- Section A has a compulsory question that carries **Ten (10)** marks. Attempt all the sections.
- Section B has **four (4)** questions, each carrying **Ten (10)** marks. You are required to answer any **two (2)**.
- Only the first two questions from section B attempted on the exam platform will be marked. If you do not wish that to happen, delete 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 TEN (10).

1. Wangasho was a training therapist. At a time in her training she needed to do practicum as part of the required units. Her institution required her not only to be at an identified site but to work with others as a peer team. In addition, the rigors of having to ensure that she had cases to present weekly made the work very tiresome. Her friend Mugeta in another institution, undergoing the same training said they were doing practicum but they chose who to see wherever they could and only needed to report that they had acquired the amount of hours they were assigned. Most of the practicum hours they were put in class and told how to successfully take clients through a therapeutic process accompanied by clear elaborate notes. Wangasho often felt stressed by the practicum requirements and secretly admired the freedom and ease Mugeta had. After all, they were both going to graduate with a degree in Counselling. Both trainees were committed Christians with a zeal to be of service to humanity for the sake of God.
 - a) Describe three benefits Wangasho would have as she worked with a peer team. (3 marks)
 - b) Compare and contrast five differences you would expect between the outcome of the training of the two trainees. (5 marks)
 - c) Explain two ways in which their Christian faith can be an asset in their therapeutic work (2 marks)

SECTION B: ATTEMPT ANY TWO QUESTION FROM THIS SECTIONS. TOTAL MARKS TWENTY (20).

2. Mooki had had a very stressful client. To start with the issues shared were very retraumatizing to him because he shared a very similar personal history. During the session, he became aware of the emotions that were being aroused in him. He looked forward to supervision even if he had debriefed with his peers. What troubles him was that he was still very emotional about some attributes found in his upbringing.
 - a) Explain what would determine accurate case presentation for effective supervision to occur. (4 marks)
 - b) If you were in Mooki's shoes, what options would you have in managing yourself in the session to ensure that your client is cared for? (4 marks)
 - c) Provide Mooki with an outline of how he should proceed to take care of himself so that he is able to continue effectively with his client. (2 marks)
3. A client presenting issues included numerous psychosocial issues and physical complaints. Among the symptoms, there is disturbed sleep, continuous feeling of fatigue

and loss of appetite. There is need to explore the client so that you are able to make accurate conceptualization.

- a) Construct one more question presenting to the client an additional symptom you may want to ask to confirm a diagnosis accurately. (1 mark)
- b) Explain how you would go on to explore the client without making him feel as if he is being interrogated. (3 marks)
- c) Outline three key areas of exploration in your client giving reasons on how they contribute to successfully conceptualization of the client's issues. (6 marks)

4. Mazingeto is pursuing excellence as a practicum student. He aims at becoming competent through successful interactions with the clients seen. He however gets many difficult cases and keeps discovering that he needs to acquire help.

- a) Discuss the benefits he gets through weekly reflections. (2 marks)
- b) Describe personal initiative Mazingeto needs to take, apart from supervision, to resource himself for the competence he desires. (2 marks)
- c) Support Mazingeto's growth by providing him with information on how the following skills will support accurate interventions:
 - i) POTT
 - ii) Empathic understanding
 - iii) Confrontation (6 marks)

5. Msaada is a Christian gifted with excellent people's skills. He has always supported persons with challenges in life and expressed how they were always left encouraged. He therefore feels he does not need to undergo any training in psychological counselling. Besides, 'the Bible has every answer that human beings need,' he asserts. Applying your experience after training, use the following to let him know his limitations in helping people.

- a) The use of goals to assess effective success (2 marks)
- b) The difference between experience of catharsis and behaviour change (2 marks)
- c) Three roles of Counselling techniques in mediating adaptive behaviour change (6 marks)