



PAN AFRICA CHRISTIAN UNIVERSITY
END OF SEMESTER EXAMINATION FOR DEGREE OF
BACHELORS OF ARTS IN COUNSELING

SEPT – NOVEMBER 2025

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU2324

COURSE TITLE: ASSESSMENT & COUNSELLING PROCESS

EXAM DATE: WEDNESDAY..... 2025

TIME: 5.30PM-8.30PM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your **STUDENT NUMBER** in the Answer Booklet given
- Answer **ALL** questions in **Section A** and any other **TWO** from

SECTION A: Compulsory: Answer ALL Questions (20 marks)

QUESTION 1

A. Discuss the following terms as used in **Assessment and Counselling Process (8 Marks)**

- i. Case Formulation
- ii. Informed Consent
- iii. Perpetuating Factors
- iv. Empathetic Understanding

B. Outline **FOUR** reasons a therapist needs to create rapport with a client **(4 Marks)**

C. Analyze any **TWO** reasons ethical practice is key in the counselling process **(4 Marks)**

D. Discuss any **TWO** benefits of Case Conceptualization in counselling **(4 Marks)**

SECTION B: Please choose Only two questions (20 MARKS)

QUESTION 2

Examine the case study below and answer the questions that follow keeping in mind Assessment and Conceptualization:

Case Study:

Jarnice, a 30-year-old secretary, presents with constant fatigue, low mood, and loss of interest in previously enjoyable activities. She reports increased workload and recent breakup. She feels “stuck” and unmotivated.

- a. Define Case Conceptualization keeping in mind Jarnice’s story **(2 Marks)**
- b. Analyze and give any **TWO** ways Jarnice’s breakup may be related to her presenting symptoms **(4 Marks)**
- c. Discuss any **FOUR C.B.T.** interventions a therapist can use to assist Jarnice overcome her symptoms **(4 Marks)**

QUESTION 3

Case Study

Bouncer, a 25-year-old university student, presents with low motivation and declining grades. During sessions, he avoids eye contact and gives minimal responses. His counsellor suspects hidden family pressures.

- a. Explain what is involved in “the art of viewing” in a counselling context **(4 marks).**
- b. Analyze any **Three** ways the counsellor could apply the art of viewing to gain a deeper understanding of Bouncer’s unspoken emotions and contextual factors **(6 marks)**.

QUESTION 4

Examine the case study below and answer the questions that follow keeping in mind the Benefits and Potential Dangers of Clinical Assessment and Diagnosis:

Case Study

Glacia, a 27 year old ICT Assistant, is relieved after receiving a diagnosis of Major Depressive Disorder, saying it “explains everything.” Her partner, however, now labels her as “mentally ill” and treats her differently.

- a. Discuss any Two benefits of providing a diagnosis to Glacia **(4 marks)**
- b. Critically evaluate any Three potential dangers of diagnostic labeling for Glacia’s self- concept and relationships **(6 marks)**

QUESTION 5

Examine the case study below and answer the questions that follow keeping in mind the importance of handling Signature Themes properly during therapy:

Case Study

Daphine, a counsellor who values control and orderliness notices discomfort when working with a spontaneous, emotionally intense client. The counsellor begins to feel irritated and detached.

- a. Explain giving any Two examples how the counsellor’s Person of the Therapist (POTT) might influence the therapeutic relationship in this case **(4 marks)**
- b. Propose any Three reflective strategies the counsellor could use to increase self-awareness and manage countertransference effectively **(6 marks)**