



**PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION**

**JANUARY-APRIL 2024 SEMESTER
COURSE CODE: CDC 116
COURSE TITLE: INTRODUCTION TO COUNSELLING PSYCHOLOGY
DURATION: 3 HOURS**

INSTRUCTIONS:

- Read the instructions and questions carefully before you write the answers.
- This Exam has TWO SECTIONS.
- **SECTION A** is Compulsory.
- Answer any **TWO** questions in **SECTION B**

SECTION A : COMPULSORY (20 MARKS)

QUESTION ONE

- a) Explain two goals of counseling. (2 Marks)
- b) Describe any two characteristics of an effective counsellor. (2 Marks)
- c) Explain two means of building rapport with clients. (2 Marks)
- d) Describe two ethical standards to be observed and maintained in counseling. (4 Marks)
- e) Explain three disciplines of Psychology (3 marks)
- f) Critically analyze two conflicts between Christianity and Psychology (4 marks)
- g) Discuss the following in relation with Psychoanalytic theory (3 Marks)
 - i) Id
 - ii) Ego
 - iii) Superego

SECTION B : ANSWER ANY TWO (2) QUESTIONS EACH 10 MARKS

QUESTION TWO

- a) Explain two exception to confidentiality in a therapeutic relationship. (4 marks)
- b) Critically analyze the process of debrief in counseling (6 Marks)

QUESTION THREE

- a) Describe two objectives of challenging clients. (4 Marks)
- b) Describe the four requirements genuine dialogue in a therapeutic process (6 Marks)

QUESTION FOUR

- a) In regard to non-verbal skills, a client may not remember much of what the counselor says during the initial meeting but the client can remember how the counselor made him/her to feel. Discuss two aspects. (4 marks)
- b) Describe three non-verbal skills in the counseling relationship (6 Marks)

QUESTION FIVE

- a) Discuss the last two steps of the counseling process. (4 Marks)
- b) Describe three ways in which the Psychoanalytic and Cognitive counselling models view human behavior. (6 Marks)