



**PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY**

JANUARY-APRIL 2019 SEMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU3233

COURSE TITLE: GROUP COUNSELLING

EXAM DATE: TUESDAY 9th APRIL 2019

DURATION: 3 HOURS

TIME: 9:00AM-12:00PM

INSTRUCTIONS

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

QUESTION ONE: COMPULSORY

- (a) Briefly discuss the following terms:
- i) Group (3 mks)
 - ii) Group therapy (3 mks)
 - iii) Personal growth (3 mks)
 - iv) Group norms (3 mks)
 - v) Linking skill (3 mks)
- (b) Mr. Rio, a counseling trainee recently held a group counselling with Equity Bank personnel whose group goal was self-awareness and public relationship. He terminated the group sessions prematurely due to hostility and intimidation among the group members. He has come to your counseling centre overwhelmed with guilt and regret over his failure. He states that he has not been embarrassed like that before. He is also not sure that he can hold a group therapy at any one time.
- i) Illustrate at least five group leadership skills that would have enabled Mr. Rio to promote cohesion and sense of belonging in the group counselling. (5 mks)
 - ii) Explain to Mr. Rio the importance of:
 - (a) Defining the group purpose. (2 mks)
 - (b) Group rule setting (2 mks)
 - (c) Leaders creativity in facilitating a group (2 mks)
 - iii) Describe to your client the importance of discussing confidentiality terms in the early phase of group counselling. (4 mks)
- (c)
- i) Explain how a Rogerian group leader views the group members. (4 mks)
 - ii) Describe how you can apply any two reality therapy concepts to help other counselling students to appreciate therapist's mentorship programs. (4 mks)
 - iii) From the class discussions, explain how a counseling student can benefit by viewing his/her course trainers as professional mentors. (4 mks)
 - iv) Analyze any two attention-seeking behaviours that can be detrimental to group cohesion. (3 mks)

QUESTION TWO

- (a)
- i) Identify any three concerns of group members at the initial stage of group counselling. (6 mks)
 - ii) Analyze at any two tasks of a group leader at the initial stage of group counselling. (4 mks)
 - iii) Explore any three group counselling skills that the leader can apply at the initial stage of group counselling. (6 mks)

- iv) Outline any four aspects of confidentiality that you would help the group members to understand at the initial stages of group counseling. **(4 mks)**
- (b) i) Relate two important reasons that would cause a group leader to address individual members' concerns arising from group discussions before terminating a session. **(4 mks)**
- ii) Explain the purpose of blocking skill at this stage of group counselling. **(6 mks)**

QUESTION THREE

- (a) i) Explore the transition stage of group counseling. **(6 mks)**
- ii) Identify any two group counseling skills that a group leader can apply at this stage. **(4 mks)**
- iii) Explain the importance of a group leader's professional competence in group counselling. **(4 mks)**
- iv) Discuss the role of ethical competence in group counseling. **(6 mks)**
- (b) i) Express the group participant's rights in group counselling. **(4 mks)**
- ii) Describe the importance of informed consent in group participation. **(3 mks)**
- iii) Justify what Psychoanalysts mean by, "group leaders help members to re-experience their early family relationships." **(3 mks)**

QUESTION FOUR

- (a) i) Explore the working stage of group counseling. **(6 mks)**
- ii) Explain any two existential themes of group counseling. **(4 mks)**
- iii) Explain how a counseling trainee can apply Rogerian core conditions in group facilitation. **(6 mks)**
- iv) Illustrate what Corey meant by purporting that group participation is mandatory for both voluntary and involuntary groups. **(4 mks)**
- (b) i) Demonstrate group leader's ability to deal with undue pressure and coercion in group leadership. **(6 mks)**
- ii) Analyze any three roles of a psychoanalytic group leader. **(4 mks)**

QUESTION FIVE

- (a) i) Explore any two major tasks of a group leader at the final stage of group counseling. **(4 mks)**

- ii) Analyze any two reasons as to why the group members need prior information about the group termination. (4 mks)
- iii) Identify any three reasons for assessment of members before admission to group counselling. (4 mks)
- iv) Establish any two key concepts that a behavioural counsellor would apply to facilitate members to address their anxiety. (4 mks)
- (b) i) Explain how you can use Gestalt method of empty chair to help members address their unfinished businesses. (4 mks)
- ii) Relate how a counsellor use William Glasser's reality (choice) concept, "human behaviour is purposeful and is internally motivated," to address their manifesting issues. (4 mks)
- iv) Discuss the importance of this course to a counselling student. (6 mks)