



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 2022 SEMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU 2324

COURSE TITLE: ASSESSMENT AND PROCESS IN COUNSELLING

EXAM DATE: 8/4/2022

DURATION: 3 HOURS

TIME: 6:00 PM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- **Answer question 1 and any other TWO questions**
- *ALL PAC University's examination rules and regulations apply*

SECTION A: COMPULSORY (20 MARKS)

QUESTION 1

- a) Distinguish between assessment and appraisal. (4 marks)
- b) Outline any two areas in counselling that assessment seeks to address. (4 marks)
- c) Explain any two purposes of treatment goals. (4 marks)
- d) Describe any two guidelines that aid in termination of a therapy. (4 marks)
- e) Discuss any two areas a counsellor need to assess when conducting an in-depth exploration. (4 marks)

SECTION B: ANSWER ANY TWO QUESTIONS (20 MARKS)

QUESTION 2

- a) Outline any two misconceptions to therapeutic process. (4 marks)
- b) Discuss the three levels of depression and what a counselor would do with each level. (6 marks)

QUESTION 3

- a) Explain any two circumstances a counselor may refer a client. (4 marks)
- b) Describe the three ways a therapeutic alliance is formed. (6 marks)

QUESTION 4

- a) Demonstrate any two forms of treatment plans. (4 marks)
- b) Discuss any three processes used in effective assessment. (6 marks)

QUESTION 5

- a) Explain two ways genograms are used in assessment. (4 marks)
- b) Analyze any three stages of therapeutic change. (6 mark)