



PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
SEPTEMBER– DECEMBER 2024 SEMESTER

ONLINE EXAMS

DEPARTMENT: PSYCHOLOGY

COURSE TITLE: SPIRITUAL RESOURCES IN COUNSELLING

COURSE CODE: COU 4133

DURATION: 3 HOURS

INSTRUCTIONS

Read the instructions and questions carefully before you write the answers.

Part A is compulsory. Answer any two questions in part B

ALL PAC University's examination rules and regulations apply

SECTION A: ANSWER ALL QUESTIONS (20 MARKS)

1.
 - a) Explain the following terms as used in spiritual/religious counseling.
 - i. Psych-pathological Problem (2marks)
 - ii. Psych-religious problems (2marks)
 - iii. Spiritual map (2marks)
 - iv. Spiritual Assessment (2marks)
 - b) Giving examples differentiate between religion and spirituality. (4marks)
 - c) Explore any **TWO** ways you develop self-awareness as a counselor in regard to spiritual counseling. (4 marks)
 - d) Discuss any **TWO** forms of Spiritual Resources (4marks)

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

1.
 - a) Recognizing signs that a client is spiritual can help counselors tailor their therapeutic approach. Discuss any **TWO** signs that your client is spiritual (4 marks).

- b) As a counseling student, analyze any **THREE** benefits of integrating spirituality in counseling. (6marks)
- 2.
- a) Describe **TWO** significant spiritual roles in psychological counseling, giving relevant examples (4marks)
- b) Spiritual assessment allows counselors to identify clients' spiritual needs for their client's mental health care. Discuss any **THREE** assessment steps that can assist in your treatment planning (6marks)
3. Pendo is a 30-year-old woman experiencing severe anxiety and depression following the sudden death of her father. Raised in a secular household, Pendo has never strongly identified with any particular religion but has recently begun exploring spirituality as a potential source of comfort. In her sessions with a licensed counselor, Sarah mentions that she has been attending meditation sessions and reading about Buddhism as a way to cope with her grief. The counselor, on the other hand, is a devout Christian who regularly incorporates prayer and faith-based interventions into his personal life. He often uses spiritual discussions in his sessions with clients who express an interest in exploring spiritual topics. The counsellor, noticing Pendo's openness to spirituality, suggests prayer as a form of meditation and offers her Christian perspectives on suffering and redemption. He also tells Pendo that attending a Christian grief support group at his church might help her deal with the loss.
- a) Analyze any **TWO** steps the counselor could take to manage potential countertransference and ensure an unbiased and supportive therapeutic environment. (4marks)
- b) Using the above case study, discuss **THREE** ethical considerations when incorporating spiritual resources into counseling and provide examples. (6marks)
- 4.
- a) Describe any **TWO** possible impediments that can prevent your client from developing a healthy spiritual life. (4marks)
- b) Using the FICA format, describe how you would assess a client's spiritual needs in psychological counseling and provide examples. (6 marks)
- 5.
- a) Describe **TWO** aspects that do NOT characterize Christian Counseling. (4marks)
- b) Analyse with relevant examples any **THREE** of Fowler's Stages of Spiritual Development. (6 mks)