



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 2024 SEMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD 107

COURSE TITLE: COUNSELLING MODELS

EXAM DATE:

DURATION: 3 HOURS

TIME:

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) Describe the **two** ways a counsellor can help the client during the counselling process (4 marks).
- b) Explain **any two** core conditions of Person-centered counselling model (4 marks)
- c) Explore **any two** major issues clients present in counselling according to Susan Gilmore(4 marks)
- d) Describe **any two** areas Psychodynamic counselling model is used in counselling (4 marks)
- e) Ben walks into your counseling room drunk and cursing his employer for firing him. In his second counselling session, he confides in you that he started quitting drinking alcohol and needs support to manage the withdrawal symptoms. With relevant examples, articulate **two** ways Cognitive Behavioral Therapy model can be used in counseling Ben.
(4 marks)

SECTION B: ANSWER ANY TWO QUESTIONS (20 MARKS)

Question 2

- a) Articulate **two** aims of Gestalt Counselling model (4 marks)
- b) Discuss any **three** methods used in Psychodrama counselling model (6 marks).

Question 3

- a) Describe **any three** counselling techniques used in Psychodynamic model (6 marks).
- b) Explain **any two** ego states in Transactional Analysis counselling model (4 marks)

Question 4

- a) Describe **any two** methods used in Rational Emotive Therapy counselling model (4 marks)
- b) Discuss **any three** ways Cognitive Behavioral Therapy model can assist a client presenting with drug addiction in Behaviour modification. (6 marks)

Question 5

- a) Describe **any two** ways the counsellor-client mutual social influence enhance effective behaviour change in Social Influence Model of Bandura. (4 marks)
- b) Discuss the **three** important characteristics of Borden's Working Alliance model. (6 marks)

COD 107 COUNSELLING MODELS EXAM MARKING SCHEME

SECTION A: COMPULSORY (20 MARKS)

Question 1

1.

a) Describe the **two** ways a counsellor can help the client during the counselling process (4 marks)

- 1) To express true feelings
- 2) To understand the situation more objectively
- 3) To break negative patterns of behaviour often learned from others in the past as well as the present
- 4) To change negative behavioural attitudes, patterns and cycles
- 5) To build confidence, self-awareness and self-esteem.
- 6) To make better informed decisions from the choices available to you

b) Explain **any two** core conditions of Person-centered counselling model (4 marks)

- 1) Empathy
- 2) Unconditional positive regard
- 3) Congruence

c) Discuss **any two** major issues clients present in counselling according to Susan Gilmore (4 marks)

- 1) Relationship
- 2) Work
- 3) Identity

d) Describe **any two** counselling areas Psychodynamic counselling model is used

- 1) Family Counselling
- 2) Psychosexual Counselling
- 3) Individual Relationship Counselling
- 4) Marriage and Couple Counselling

e) Ben walks into your counseling room drunk and cursing his employer for firing him. In his second counselling session, he confides in you that he started quitting drinking alcohol and needs support to manage the withdrawal symptoms. With relevant examples, articulate **two** ways Cognitive Behavioral Therapy model can be used in counseling Ben. (4 marks)

Question 2

a) Articulate two aims of Gestalt Counselling model (4 marks)

The aim of Gestalt Counselling is

- 1) to help the client identify where they have become stuck emotionally or in their thinking and beliefs
- 2) to help the client to understand how this is affecting their lives in the present.

b) Discuss the **three** methods used in Psychodrama counselling model (6 marks)

- 1) Mirroring posture, position and attitude of client
- 2) Role playing the drama of the situation.
- 3) Sculpting a major feature

Question 3

- a) Describe the **three** counselling techniques in Psychodynamic model used to counsel a client presenting with trauma. (6 marks)
- 1) Dream Analysis
 - manifest content (conscious description) from the latent content (unconscious meaning of the dream that lies hidden from the dreamer).
 - Nearly all dreams are wish-fulfillments, although the wish is usually unconscious and can be known only through dream interpretation.
 - Dreams that are not wish-fulfillments follow the principle of repetition compulsion and often occur after people have had a traumatic experience, now called a post-traumatic stress disorder.
 - To interpret dreams Freud used both dream symbols and the dreamer's associations to the dream content.
 - 2) Freudian Slips
 - slips of the tongue or pen, misreadings, incorrect hearings, misplacing of objects, and temporary forgetting of names or intentions are not chance accidents but reveal a person's unconscious intentions.
 - 3) Free Association
- b) Explain any **two** ego states in Transactional Analysis counselling model (4 marks)
- 1) The parent
 - 2) The Adult
 - 3) The Child

Question 4

- a) Describe **any two** methods used in Rational Emotive Therapy counselling model (4 marks)
- b) Explain **any three** ways Cognitive Behavioral Therapy model helps the client (6 marks)
- 1) To examine individual patterns of thoughts, emotions and actions
 - 2) To help clients make sense of overwhelming problems by breaking them down into smaller parts
 - 3) To examine ways to change unhelpful thoughts and behaviours
 - 4) To explore strategies to deal with problems
 - 5) To provide 'homework', in which clients can practice strategies in their everyday life
 - 6) To aim to achieve explicitly agreed therapeutic goals within a time-limited framework
- Equip clients with life-long skills which they can continue to practice and develop even after the sessions have
5. a) Describe **any two** ways the counsellor-client mutual social influence enhance effective behaviour change in Social Influence Model (4 marks)

Counselling and psychotherapy involves a process of mutual social influence in which a therapist and a client modify one another's beliefs, emotions, and behavior

b) Explain **three** important characteristics of Borden's Working Alliance model (6 marks)

- 1) Baseline characteristics of patients
- 2) Baseline characteristics of therapists
- 3) Similarity between patient and therapist