



PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY
MASTER OF ARTS IN MARRIAGE AND FAMILY THERAPY
SEPTEMBER-DECEMBER 2018 SEMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: MFT001 | COU2224

COURSE TITLE: COUNSELING SKILLS & TECHNIQUES

EXAM DATE: WEDNESDAY 5TH DECEMBER 2018

DURATION: 3 HOURS

TIME: 2:00PM-5.00PM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your **STUDENT NUMBER** in the Answer Booklet given
- Answer the questions according to the instructions given at the beginning of each section.
- This Exam Script has **TWO** (2) Sections. Section “A” is **COMPULSORY**.
- Answer any **THREE** questions in section “B”
- *ALL PAC University’s examination rules and regulations apply*

SECTION A: (COMPULSORY) – (40 MARKS)

1. a. Explain the following terms as they are used in counseling (10 marks)
 - i. Empathic Listening
 - ii. Collaborative Goal-Setting
 - iii. Blind Spots in clients
 - iv. Reflecting Content
 - v. Non-maleficence
- b. Discuss the stages of **Three-Stage Model** of Interviewing and mention two objectives of each (12 marks).
- c. Explain the term **Attending Behavior** and indicate five behaviors the counselor is expected to exhibit while using this skill (8 marks).
- d. List three skills used in Clarification Stage of interviewing and give an example for each (6 marks).
- e. Define Information Giving Response in the Interviewing Process (2 marks).
- f. Describe how a therapist can use Silence as a skill during counselling (2 marks).

SECTION B: ANSWER ANY THREE QUESTIONS IN THIS SECTION (60 marks)

2. (i) Analyze the Two Principal Goals of helping and give examples for each (15 marks).
- (ii) Explain the importance of Evaluation in the process of counseling and at what stage it is used (5 marks).
3. (i) Identify and analyze the **four (4) fundamental questions** a client asks and answers as the therapist conducts the assessment of the problem as elaborated by Gerald Egan (15 marks).
- (ii) Explain clearly with an example when the interviewer can effectively use the skill of Immediacy (5 marks).
4. Analyze in detail the three Objectives in Action Stage of interviewing as you discuss the three important skills in this stage that help the therapist to facilitate client action while maintaining their cooperation (15 marks).
- (ii) Discuss the importance of open-ended questions in counseling giving two examples of such questions (5 marks).
5. (i) Identify with examples **five (5) Ethical Principles** of counseling that can guide counselors while working with people of diverse cultures (15 marks).

- (ii) Describe and give two (2) examples when using spirituality can impact positively on a client (5 marks).