



PAN AFRICA CHRISTIAN UNIVERSITY
END OF SEMESTER EXAMINATION FOR DEGREE OF
BACHELORS OF ARTS IN COUNSELING

JAN – APRIL 2025

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU2324

COURSE TITLE: ASSESSMENT & COUNSELLING PROCESS

EXAM DATE: WEDNESDAY 2025

TIME: 5.30PM-8.30PM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your **STUDENT NUMBER** in the Answer Booklet given
- Answer **ALL** questions in **Section A** and any other **TWO** from **Section B**.

SECTION A: Compulsory: Answer ALL Questions

Section A (20 marks)

QUESTION 1

A. Discuss the following terms as used in Assessment and Counselling Process **(8 Marks)**

- i. Case Conceptualization
- ii. Clinical Assessment
- iii. Predisposing Factors

iv. Holistic Perspective

B. Outline **FOUR** reasons a therapist needs to identify Presenting Concerns **(4 marks)**

C. Analyze any **TWO** reasons ethical practice is key in the counselling process **(4 marks)**

D. Discuss any **TWO** benefits of peer supervision **(4 marks)**

QUESTION 2

Examine the case study below and answer the questions that follow keeping in mind Assessment and Conceptualization:

Case Study: Karish's

Karish, a 32-year-old Logistics Manager, has recently been experiencing persistent feelings of worry, irritability, and mood swings. He reports difficulty concentrating at work and frequent conflicts with colleagues. Karish describes feeling exhausted despite getting enough sleep and has noticed a significant decrease in his motivation.

During the session, Karish mentions that he has experienced these symptoms on and off for the past five years, but they have worsened over the last six months. He also reports occasional panic attacks, during which he experiences shortness of breath, dizziness and the feeling of being overwhelmed with fear. Karish avoids social gatherings, fearing judgment from others. He says he does not use any drugs or substances but mentions that he drinks tea excessively to stay alert.

Karish's family history includes a father diagnosed with generalized anxiety disorder and a mother who struggled with depressive episodes. He also shares that he had a difficult childhood due to high parental expectations.

a. Outline **FOUR** clinical assessment questions you can use in the above case **(4 Marks)**

b. Discuss any **THREE** presenting issues that would aid you in the conceptualization of Karish's problem **(6 Marks)**

QUESTION 3

i. Define the term Diagnosis **(2 Marks)**

ii. Illustrate **TWO** possible ways a Christian counselling psychologist may handle a client who is incarcerated for sexually abusing children **(2 Marks)**

iii. Analyze any **THREE** techniques a counselor may use to help a client articulate their concerns **(6 Marks)**

QUESTION 4

Examine the case study below and answer the questions that follow keeping in mind Diagnosis and Treatment Planning:

Wamakeri's Case Study:

Wamakeri, a 28-year-old teacher, seeks therapy due to feelings of sadness, loneliness, and emotional exhaustion. She describes struggling with self-doubt and frequently feeling unworthy of love and success. She has difficulty maintaining relationships and tends to withdraw when conflicts arise. Wamakeri shares that she recently ended a three-year relationship, citing fears of abandonment and feeling emotionally disconnected from her partner. She notes a history of unstable relationships, often marked by intense emotional highs and lows. She also experiences occasional episodes of binge eating when feeling overwhelmed. She describes growing up in a household with emotionally distant parents who hardly spent any time with her. She recalls feeling pressured to achieve perfection and she often had to suppress her emotions to avoid conflict.

a. Describe **ONE** treatment approach you would recommend for Wamakeri and mention **ONE** therapeutic technique that would be useful in helping manage her anxiety and mood swings **(4 Marks)**

b. From the case study above, analyze:

i Your provisional diagnosis **(3 Marks)**

ii. The differential diagnoses you would consider, and why **(3 Marks)**

QUESTION 5

i. Discuss the following:

a. **ONE** benefit of Clinical Assessment and Diagnosis **(2 Marks)**

b. **ONE** Potential danger that can arise after Clinical Assessment and Diagnosis **(2 Marks)**

ii. Describe any **THREE** key aspects of the Art of Viewing in a counseling session **(6 Marks)**