



PAN AFRICA CHRISTIAN UNIVERSITY

**END OF SEMESTER EXAMINATION FOR DIPLOMA IN
COUNSELLING PSYCHOLOGY**

JANUARY - APRIL 2022

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD 110

COURSE TITLE: COUNSELING SKILLS THEORY

EXAM DATE: MONDAY 11TH APRIL 2022

TIME: 8AM – 11AM

INSTRUCTIONS:

- Read the instructions and questions carefully before you start the examination.
- This exam has FIVE questions. Answer **QUESTION ONE** and any other **TWO** questions from section B.
- *ALL PAC University's examination rules and regulations apply*

SECTION A: COMPULSORY (20 MARKS)

QUESTION 1

a) In a counseling session you discover that the client has attitudes, beliefs and values which are different from yours.

i) Explain how this may affect your ability to help the client to work through their problems.

(2 marks)

ii) Examine THREE ways how you may assist this client from a biblical perspective. (6 marks)

b) Analyze any TWO ways counseling differs from any other helping profession. (4 marks)

c) Explain any TWO assumptions of counseling. (4 marks)

d) Demonstrate TWO ways how you can use immediacy in a session. (4 marks)

SECTION B: Answer any TWO questions from this section 10 Marks each.

QUESTION 2

a) Describe TWO ways a counselor can have a mutual agreement with a client. (4 marks)

b) Discuss any THREE importance of counseling skills. (6 marks)

QUESTION 3

a) Describe any TWO reasons of challenging a client. (4 marks)

b) Analyze THREE characteristics of a therapeutic relationship. (6 marks)

QUESTION 4

a) Describe any TWO ways of probing in a counseling session. (4 marks)

b) Examine the THREE ways when summaries can be used during counseling (6 marks)

QUESTION 5

a) Analyze any TWO reasons why a client may terminate a session. (4 marks)

b) Describe any THREE risks of using self-disclosure in a session. (6 marks)