



**PAN AFRICA CHRISTIAN UNIVERSITY
END OF TERM EXAMINATION (APRIL-MAY 2022)**

CAMPUS: ONLINE

DEPARTMENT: COUNSELING PSYCHOLOGY

COURSE CODE: COU 3313

COURSE TITLE: SPIRITUAL RESOURCES IN COUNSELLING

DATE: MONDAY 11TH APRIL 2022

TIME: 11- 15- 1415 HRS

INSTRUCTIONS

- **Read all questions carefully before attempting.**
- **Write your student number on the answer booklet provided.**
- **Section A is Compulsory**
- **Answer any TWO questions in Section B**

SECTION A (COMPULSORY) 20 MARKS

QUESTION 1

- a) Outline any **two** ways in which mindfulness can be integrated in a counseling session. 2 Marks
- b) Distinguish between Spirituality and religion. 4 Marks
- c) Mention **three** benefits of integrating Spiritual/ religious resources in counselling. 6 Marks
- d) Explain **three** ways a Counsellor can assist clients to develop a Spiritual dimension. 6 Marks
- e) Highlight **two** types of religion according to Fromm. 2 Marks

SECTION B ANSWER ANY TWO QUESTIONS

QUESTION 2

- a) Differentiate between interreligious and intrareligious countertransference. 4 Marks
- b) Discuss any **three** factors that Counselors can use to create bridges in a counseling session. 6 marks

QUESTION 3

- a) Describe any **three** behavioral indicators of countertransference in a counselling session. 6 marks
- b) Discuss any **two** spirituality competencies for a professional counselor. 4 marks

QUESTION 4

- a) Discuss **two** ways you would **conceptualize** wellness through the lens of existential/ humanistic clinical model. 4 Marks
- b) In regard to religious/spiritual diversity explain any **three** ethical recommendations to ensure respect for client in a counseling session. 6 Marks

QUESTION 5

- a) Discuss any **two** counselor's orientations in determining an effective cross-cultural approach. 4 marks
- b) Explain any **three** reasons of considering constructivist and pluralist approaches when incorporating spiritual and religious issues in counseling. 6 Marks