



**PAN AFRICA CHRISTIAN UNIVERSITY**  
**SCHOOL OF HUMANITIES AND SOCIAL SCIENCES**  
**END OF SEMESTER EXAMINATION FOR THE DEGREE OF**  
**BACHELOR OF ARTS COUNSELLING PSYCHOLOGY**  
**JAN-APR 2025**

**CAMPUS: ONLINE**

**DEPARTMENT: PSYCHOLOGY**

**COURSE CODE: COU2122**

**COURSE TITLE: CLINICAL SUPERVISION 1**

**EXAM DATE:**

**TIME:**

**INSTRUCTIONS**

- This Exam accounts for forty (**40**) per cent of your total grading.
- The Exam has two sections – Section A and B.
- Section A has a compulsory question that carries **Twenty (20)** marks. Attempt all the sections.
- Section B has **five (5)** questions, each carrying **Ten (10)** marks. You are required to answer any **two (2)**.

**SECTION A: ATTEMPT ALL THE SECTIONS OF THIS QUESTION. TOTAL MARKS TWENTY (20).**

**Question One**

- a) Discuss two major functions of clinical supervision in effective therapy delivery. (4 marks)
- b) With examples describe any three roles of a supervisee in a supervision relationship. (6 marks)
- c) Discuss any three challenges encountered by supervisee in supervision. (6 marks)

Safimoyoni is a student doing her practicum in Tuache Ulevi Rehabilitation center. While she and her client Atatenda were collaboratively drawing Atatenda's genogram, she discovered that Atatenda was her half- brother. The son of her father's estranged first wife. In fact Atatenda was her elder brother.

From this narrative

- a) Explain any two ethical dilemmas Safimoyoni could be grappling with after her discovering that her client is her half-brother. (4 marks)

**PART B: ANSWER ANY THREE QUESTIONS FROM THIS SECTION. EACH QUESTION CARRIES 10 MARKS.**

**Question Two**

Describe the impact of the following skills to the quality of the therapeutic process:

- a) Reflections. (2 marks)
- b) Challenging. (2 marks)
- c) Focusing. (2 marks)
- d) Summarizing. (2 marks)
- e) Self-disclosure. (2 marks)

**Question Three**

Explain:

- a) Two roles of goals in guiding credible counselling process. (4 marks)
- b) Three functions of theoretical models in the counselling process. (6 marks).

**Question Four**

Describe 5 elements that aids the following stages in therapy:

- a) Joining with the client (5 marks)
- b) Conceptualization of a client's issues (5 marks)

**Question Five**

Describe how useful the following client's spiritual themes are in the process of therapy

- a) Belief in a Supreme Being or otherwise. (2 marks)
- b) Religious resources. (2 marks)
- c) Explain any role of boundary setting in a therapeutic relationship.(2 marks)
- d) Discuss any two ways a counselors un-finished business could interfere with quality of therapy delivery. (4 marks)



DEPARTMENT: PSYCHOLOGY COURSE

CODE: COD 106

COURSE TITLE: STRESS AND STRESS

MANAGEMENT EXAM DATE:

TIME:

#### INSTRUCTIONS

- This Exam accounts for forty (40) per cent of your total grading.
- The Exam has two sections – Section A and B.
- Section A has a compulsory question that carries Twenty (20) marks. Attempt all the sections.
- Section B has five (5) questions, each carrying Ten (10) marks. You are required to answer any two (2).

SECTION A: ATTEMPT ALL THE SECTIONS OF THIS QUESTION. TOTAL MARKS TWENTY (20).

#### Question One

- a) Define the term Stress. (2 marks)
- b) Explain two major determinant of stress. (4 marks)
- c) With examples describe the two major

types of stress. (6 marks)

d) Discuss the relationship between stress, and Depression. (8 marks)

PART B: ANSWER ANY THREE  
QUESTIONS FROM THIS SECTION.  
EACH QUESTION CARRIES 10 MARKS.

Question Two

a) Articulate four common symptoms of stress. (4 marks)

b) Analyze how the following factors are associated with stress.

i. Personality traits. (2 marks)

ii. Lack of Social Support. (2 marks)

iii. Sleep Deprivation. (2 marks)

Question Three

a) Describe the ultimate goal of stress management. (2 marks)

b) Discuss any four techniques for stress management. (8 marks)

Question Four

a) Discuss the importance of stress assessment. (4 marks)

b) Explain the three stage stress process according to General Adaptation Syndrome (GAS) Model. (6 marks)

Question Five

a) Discuss the relationship between stress and burnout.(4 marks)

b) Highlight three symptoms of burn out. (6 marks)