



PAN AFRICA CHRISTIAN UNIVERSITY

END OF TERM EXAMINATION (SEPT-DEC 2024)

CAMPUS: ONLINE

DEPARTMENT: COUNSELING PSYCHOLOGY

DEGREE: MASTER OF ARTS IN COUNSELLING PSYCHOLOGY

COURSE CODE: MCP 603

COURSE TITLE: GROUP COUNSELLING

DATE: 2nd DEC 2024

TIME: 6.00pm -9.00 pm

INSTRUCTIONS

- **Read all questions carefully before attempting.**
- **Section A is Compulsory**
- **Answer any TWO questions in Section B**

SECTION A (Compulsory)

QUESTION ONE

a) Using **two** examples differentiate counselling in the group from counselling with the group.

(4 marks)

b) You have been invited by an organization to facilitate a group. Discuss **any three** practical concerns in the formation of a group that you will put into consideration. (6 marks)

c) Examine in **two ways** why group leaders are expected to have a complete knowledge and understanding of the ethical standards established by professional organizations related to counseling and group work.

(4 marks).

d) Read the following excerpt and answer the questions that follow.

***THERAPIST:** Leo, I notice when Mary was talking about her accomplishments, you seemed uncomfortable. Even now as I speak to you, your hands are clenching.*

***LEO:** I wasn't aware of that. I was just listening, I guess. [Hands still clenching.]*

***THERAPIST:** Tell me, what are your hands trying to tell you right now? Let your hands talk to you.*

***LEO:** They would say, "I am really uncomfortable. I can't say what I'm feeling, I'm all tight and squished up."*

***THERAPIST:** OK. Feel your lack of comfort. Let your hands clench and experience what you are trying not to say.*

***LEO:** [Unclenches hands] I can't believe she got the job. I hate women!! I feel cheated.*

***THERAPIST:** Leo, stay with that feeling and go around the room and express to each member how you have felt uncomfortable in this group. Begin with "I'm uncomfortable because..."*

1)Analyze **any two** group facilitation technics used by the above group leader. (4 marks)

11) Explain **any one** strength of this group leader. (2 marks)

SECTION B (Choose any two questions)

QUESTION TWO

a) Group counseling requires effective leadership. Analyze **any three** personal characteristics that are vital for group leadership. (6 marks)

b) Amina is a trained group leader. She has been appointed to facilitate a group of recovering addicts. Discuss **any two** problems that Amina may encounter at the formation stage and explain how she can deal with them. (4 marks)

QUESTION THREE

- a) Discuss **any three** group facilitation skills that group leaders can use when facilitating the working stage of the group. (6 marks)
- b) Explain in **two ways** why termination of a group should not be abrupt. (4 marks)

QUESTION FOUR.

- a) Discuss **any two** basic concepts of group counselling. (4 marks)
- c) Critically examine **any two** disadvantages of group counselling. (4 marks)
- b) Analyze **any one** role of the group leader in group counselling. (2 marks)

QUESTION FIVE.

- a) Discuss **any three** guidelines for group leader qualities that can form basics for personal ethical standards. (6 marks)
- b) Discuss any two ways in which the knowledge you have gained in group counseling can be applicable in a Christian set up. (4 marks)