



PAN AFRICA CHRISTIAN UNIVERSITY

**END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COUNSELING**

MAY-JULY 2017

CAMPUS: VALLEY ROAD

DEPARTMENT: COUNSELING PSYCHOLOGY

COURSE CODE: COU2123

COURSE TITLE: COUNSELING I

EXAM DATE: THURSDAY, 27TH JULY 2017

TIME: 5:30-8:30PM

INSTRUCTIONS

- Read all questions carefully before attempting.
- Write your **student number** on the answer booklet provided.
- **Answer any Four Questions out of the Five provided**

Instructions: Tackle question ONE (compulsory) and any other THREE of your choice.

1.

- a. Define the terms: **(6mks).**
 - i. Retroflexion
 - ii. Defence mechanism
 - iii. Logotherapy
 - b. Explain the three components of personality according to Psychoanalysis **(6mks).**
 - c. Briefly summarize any four of Erikson's eight stages of psychosocial development in understanding client problems **(8mks).**
 - d. Adlerian therapy gives special attention to relationship between siblings. Briefly describe any three psychological birth positions in family constellations **(6mks).**
 - e. Aleso is a ten year old girl whose father is an alcoholic and beats her mother often when he comes home drunk. When the mother runs away, the father turns to her for sex. This has continued for a period of three years. On one occasion after running away, her mother returned unexpectedly only to find her daughter and husband in bed. She was horrified and does not really know what to do in this situation.
 - i. Identify any three counseling issues you will help Aleso's mother to address **(3mks).**
 - ii. Briefly describe the five stages of counseling you will follow in helping Aleso's mother **(5mks).**
 - iii. State any two specific circumstances under which confidentiality can be broken in counseling **(2mks).**
- 2.** Involvement in helping professions is both rewarding and hazardous sometimes.
- a. Distinguish between stress and burnout **(2mks).**
 - b. Discuss any two ways of minimizing the impact of stress and burnout **(5mks).**
 - c. Describe any three guidelines for minimizing risks of dual relationships **(3mks).**
- 3.** Theories provide an important basis for understanding humans and providing therapy.
- a. Identify any five life themes in existential therapy by Viktor and Rollo **(5mks).**
 - b. Compare and contrast *in vivo* desensitization and flooding **(5mks).**
- 4.** Cultural diversity is a major aspect in counseling.
- a. Define multicultural counseling **(2mks).**
 - b. Identify any three multicultural counseling competencies **(3mks).**
 - c. Demonstrate the use of any two techniques of cognitive behavioral therapy **(5mks).**
- 5.** Individuals are best understood within the context of their relationships and interactions.
- a. Describe Satir's four defensive stances in coping with stress **(4mks).**
 - b. Illustrate the use of Carl Rogers's three personal attitudes in counseling **(6mks).**