



**PAN AFRICA CHRISTIAN UNIVERSITY**

**END OF SEMESTER EXAMINATION FOR MASTERS IN COUNSELING  
PSYCHOLOGY**

**SEPTEMBER-DECEMBER 2024**

**CAMPUS: ROYSAMBU**

**DEPARTMENT: PSYCHOLOGY**

**COURSE CODE: MCP 505**

**COURSE TITLE: COUNSELLING SKILLS AND TECHNIQUES**

**EXAM DATE:**

**TIME:**

**INSTRUCTIONS**

- Read all questions carefully before attempting.
- Write your **student number** on the answer booklet provided.
- Answer **ALL** questions in **Section A** and **ANY** other **TWO** from **Section B**

## **SECTION A – Answer all Questions (20 marks)**

### **QUESTION ONE A**

- a. Differentiate between client goals and clinical goals. (2 marks)
- b. Discuss two functions of counselling goals in the counselling process. (2 marks)
- c. Analyze two ways that a counselor can integrate Christian values in a counselling session. (4 marks)

### **B. Read the case study below and answer the questions given.**

Emily is a 29-year-old woman who seeks therapy due to feelings of anxiety and low self-esteem. She recently experienced a breakup with her long-term partner, which has led to increased feelings of loneliness and self-doubt. Emily works as a graphic designer and has expressed a desire for greater fulfillment in her career. She often finds herself overwhelmed by perfectionism and a fear of failure, which impacts both her personal and professional life.

- a. List four clinical goals that a counselor would formulate with the client. (2 marks)
- b. Explain four themes that the counselor would conceptualize from the above narrative. (4 marks)
- c. Analyze how the counselor would apply three key concepts of Carl Rogers' Person Centered theory in the counselling process. (6 Marks)

### **QUESTION TWO**

#### **A. Read the following conversation and answer the questions given.**

**Therapist:** Do you take alcohol? Are your parents aware that you take it? Why do you consume alcohol and how has it affected your life?

**Client:** Yes, I take alcohol but my parents are not aware that I do. Please come again.

- a. Describe two ways that the counselor is applying the above counselling skill inappropriately. (2 marks)

B. A counselor is in a counselling session with Mike and she notices that he has been overwhelmed by distressing emotions.

a. Discuss two grounding techniques that she can apply to help the client deal with these emotions. (4 marks)

C. Explain two ways a counselor can deal with uncommitted clients in the counselling process. (4 marks)

### **QUESTION THREE**

A. Illustrate **one** type of a client's discrepancy that may be challenged by a counselor in the counselling process. (2 marks)

B. Analyze two reasons why counselors need to consider each of the following factors so as to offer professional counselling to their clients. (8 marks)

- a. The type of setting
- b. Intake form
- c. Informed consent
- d. Building rapport

### **QUESTION FOUR**

a. Explain two instances when goals of therapy can be modified. (2 marks)

b. Describe two instances when a counselor must legally breach confidentiality in the counselling process. (2 marks)

#### **B. Read the following case study and respond to the questions given**

Sarah is a 20-year-old college student who has been in a relationship with her boyfriend, Jake, for over a year. Initially, the relationship seemed exciting, but over time, Sarah has noticed that Jake has become increasingly controlling and dismissive of her feelings. He often criticizes her choices and isolates her from friends and family, leading to feelings of anxiety and sadness.

Sarah is uncertain about whether to continue the relationship, as she feels both attached to Jake and concerned about her well-being.

a. Analyze how a therapist can use the WDEP Model of Reality Therapy in the counselling process to assist Sarah in dealing with her relationship with her boyfriend. (6 marks)

#### **QUESTION FIVE**

a. Discuss two fears of a beginning therapist. (4 marks)

**Read the following case study and answer the questions given.**

Mike is a 23-year-old man who has been using cannabis regularly for the past two years. Initially, he used it socially and recreationally, but over time, his use has escalated to a daily habit. Mike reports that he relies on cannabis to cope with stress and anxiety, particularly related to work and relationships. However, he is beginning to experience negative consequences, such as decreased motivation, difficulties at work, and strained relationships with friends and family. Mike seeks counseling to understand his cannabis use and find healthier coping strategies.

b. Apply the ABC Model of Rational Emotive Behavior Therapy to help Mike manage his cannabis use. (6 marks)