



**PAN AFRICA CHRISTIAN UNIVERSITY**

**END OF SEMESTER EXAMINATION FOR CERTIFICATE IN  
COUNSELLING PSYCHOLOGY**

**SEPTEMBER - DECEMBER 2020**

**CAMPUS: ROYSAMBU**

**DEPARTMENT: PSYCHOLOGY**

**COURSE CODE: CCOU0223**

**COURSE TITLE: INTRODUCTION TO COUNSELLING SKILLS**

**EXAM DATE: 25<sup>TH</sup> NOVEMBER 2020**

**TIME: 14:30PM – 16:30PM**

**INSTRUCTIONS:**

- Read the instructions and questions carefully before you start the examination.
- Write your **student number**.
- This exam has SIX questions. Answer **QUESTION ONE** and any other **THREE questions from section B**.
- *Write clearly and legibly, arrange your points in paragraphs.*
- *Time allowed: 2 hrs*
- *ALL PAC University's examination rules and regulations apply*

## **SECTION A: COMPULSORY (10 MARKS)**

### **QUESTION 1**

a) Define the following terms:

i) Counselling skills. (2marks)

ii) Counselling techniques. (2 marks)

b) Explain the importance of self - disclosure. (2 marks)

c) Briefly analyze the importance of challenging a client. (2 marks)

d) Describe the skill of attending in counselling. (2 marks)

## **SECTION B: Answer any THREE questions from this section 10 Marks each.**

### **QUESTION 2**

a) Describe TWO limits of confidentiality. (4marks)

b) Explain the THREE core conditions of therapy by Carl Rogers. (6marks)

### **QUESTION 3**

a) Differentiate between transference and countertransference. (4marks)

b) Discuss THREE ways of giving constructive feedback. (6marks)

### **QUESTION 4**

a) Discuss the importance of counselling skills. (4marks)

b) Describe THREE ways you can build rapport with a client. (6marks)

### **QUESTION 5**

a) Examine any TWO types of counselling. (4marks)

b) Explain any THREE reasons for terminating a session (6marks)

### **QUESTION 6**

a) Explain any TWO reasons why you may refer a client. (4marks)

b) Analyze any THREE verbal skills in counselling. (6marks)