



PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY
JANUARY – APRIL 2018 SEMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU2324

COURSE TITLE: ASSESSMENT & PROCESS IN COUNSELING

EXAM DATE: WEDNESDAY 18TH APRIL 2018

TIME: 2:00PM-4:30PM

INSTRUCTIONS

- This examination script consists of **Five (5)** questions.
- Read all questions carefully before attempting.
- Write your **student number** on the answer booklet provided.
- Answer **Question ONE** and any other **THREE** questions
- Question **ONE** carries **30** marks
- Question 2-5 carry **10** marks each

QUESTION 1: COMPULSORY

- a) Define the following terms:
 - Assessment (2 marks)
 - Triangulation (2 marks)
- b) Explain the view that how a counsellor begins the counselling process is critical to the eventual effectiveness of the counselling (6 marks)
- c) Discuss two ways a counsellor can effectively assess a child presented for counselling (6 marks)
- d) Outline the four broad steps encompassing counselling process (8 marks)

e) **Case study**

June was rapidly declining in her school grades. She had lost interest in the games she used to play and withdrawn from peers. There were signs that she had lost weight although this could not immediately be known if this could be attributed to dieting. When the class teacher learned that her parents had taken her to see a general physician who ruled out any physical ailment, directed that June sees the school counsellor. June told the counsellor that her parents would be better off if she were dead.

Required:

Assuming you are the school counselor seeing June;

- Conceptualize (2 marks)
- Explain who else you would involve in the therapy and why (2 marks)
- Discuss at least two tools you would use in June's counselling (2 marks)

QUESTION 2

- a) The fundamental principle of Cognitive Behavior Therapy (CBT) is that what people think affects how they feel. Discuss with two examples (4 marks)
- b) Explain how a client's presenting problem may differ from subsequent diagnosis (6 marks)

QUESTION 3

- a) Contrast between verbal and nonverbal communication and the significances of both in counselling (4 marks)
- b) Describe three ways a genogram is essential in counselling process (6 marks)

QUESTION 4

- a) Explain two reasons a counsellor may refer a client (4 marks)
- b) Discuss three reasons a genogram is a significant component in counselling process (6 marks)

QUESTION 5

- a) Describe any two characteristics common to people with anxiety disorder (4 marks)
- b) Some theories used in the counselling profession stem from non-Christian scholars. In fact, some even deny the very existence of God and in particular, Sigmund Freud

perceives religion to be a mental illness. As a Christian counselling psychologist, explain three ways you would navigate this terrain (6 marks)