



**PAN AFRICA CHRISTIAN UNIVERSITY**

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

**MAY-AUGUST 2022**

**DEPARTMENT: PSYCHOLOGY**

**COURSE CODE: COU 3233**

**COURSE TITLE: GROUP COUNSELING**

**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

- Describe any *two* concepts from the psychoanalytic approach that you would incorporate into your style of group leadership (4 marks)
- Describe three advantages of group counseling. (6 marks)
- Read the case below and answer the question given.

Joyce: I have to be honest, I am getting so frustrated and angry with this group

Leader: Tell me more about your anger and frustration.

Joyce: You are not helping us get better, you just say stuff like ‘It sounds like you are angry, tell me more about that. That’s so boring of you’.

Leader: Well, I am trying to tell you now but you are being hostile

Joyce: Hostile? I am not being hostile. I am trying to get help and you suck so bad at group, you cannot do anything.

Leader: Now see, that’s what I call being hostile. Attacking me isn’t going to help. In fact it reminds me of the pattern you have with your father.

Joyce: Shut up! You are so shameless stop dragging my dad into this after all I am not even in this group for my relationship with my dad. I am here to learn parenting strategies. I seriously don’t think you know what the hell you doing here.

Leader: Can you also shut up, you can as well leave the group, and you are stubborn we do not need your breed in this group. Let me inform you that I have facilitated groups for over ten years and have been evaluated very highly by the past clients.

Joyce: Really? You liar I bet you aren’t even a doctor. Where did you go to school?

Leader: No I am not a doctor. I am a licensed psychotherapist

Joyce: See I knew it you can never amount to anything.

Leader: You have such a filthy mouth, look for another group, I do not need you here

Joyce: You think this is the only group I can join? Nonsense. (Clicks and walks away)

Leader: (turns to the other group members) the group rules I have set must be followed.

### Question

Discuss **four** shortcomings of the group leader. (8 marks)

**SECTION B: Answer any two (20 marks)**

**QUESTION TWO**

- a) Discuss two challenges faced by beginning group counselors. (4marks)
- b) Analyze ways in which a group counselor can apply any three Gestalt theory techniques in facilitating a group. (6 marks)

**QUESTION THREE**

- a) Outline any two ethical issues in group counseling. (2 marks)
- b) Analyze four steps for initiating a group that meet the desired goals. (8 marks)

**QUESTION FOUR**

- a) Justify the significance of establishing safety measures within a group counselling in Reality Group Therapy (4 marks)
- b) Discuss four ethical reasons that you will pay attention to when facilitating group counselling in a multicultural setting (6 marks).

**QUESTION FIVE**

- a) Demonstrate four significances of gaining a higher degree of self-awareness using Existential Therapy (4 marks)
- b) Discuss three ways that a group counselor can use to ensure effectiveness of a group (6 marks)