



PAN AFRICA CHRISTIAN UNIVERSITY

END OF TERM EXAMINATION

COU2223: COUNSELING II

TUESDAY, NOVEMBER 27, 2012

1800HRS – 2100HRS

INSTRUCTIONS

- This Exam Script has **TWO (2)** sections.
- Answer **ALL** questions in sections **A** and **ANY TWO** questions in section **B**.
- Write your **student number** on the Answer Booklet.
- Read all questions carefully before attempting.

Section A

Answer **ALL** questions. (40 Marks)

1. Define the term working alliance. (4 Mark).
2. What is:
 - a. Blind spot? (2 Marks)
 - b. List **FOUR** specific blind spot targets. (4 Marks)
3. Discuss **TWO** reasons that are crucial to determining why people seek help from the helping professionals. (4 Marks)
4. Describe with a relevant example what empathic listening or “being with” is about. (6 Marks)
5. Egan has listed eight principles that can guide you in the use of all probes.
 - a. List **FOUR** of these principles (4 Marks)
 - b. Give an example of the questions posed by the therapist and the responses by the client for **EACH** of the four principles in (a). (8 Marks)
6. One way of challenging a client is to share with her your understanding of the message behind the message. Highlight **FOUR** questions that might help you broaden or deepen the discussion of a problem situation? (8 Marks)

Section B

Answer **ANY TWO** questions. (40 Marks)

1. Discuss the various forms of distorted listening that might permeate into the helping dialogue as a therapist works with her clients. (20 Marks)
2. Describe with relevant examples **FIVE** situations that call for immediacy during a counselling session. (20 Marks)
3. Effective helpers neither court reluctance and resistance nor are surprised by them. Highlight **FIVE** principles and a general approach to managing reluctance and resistance in whatever forms they take. (20 Marks)
4. Identify **FIVE** guidelines that are relevant for the helper’s self-disclosure. (20 Marks)