



**PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE DEGREE OF MASTERS OF ARTS
IN COUNSELLING PSYCHOLOGY
SEPTEMBER -DECEMBER 2025**

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: MCA 602/MCP 602

COURSE TITLE: TREATMENT AND EXPRESSIVE THERAPIES

EXAM DATE:

TIME:

INSTRUCTIONS

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

SECTION A – ANSWER ALL QUESTIONS (20 MARKS)

QUESTION ONE

Read the narrative below and answer the questions that follow

Sarah, a 35-year old Christian woman survived a road accident that claimed the life of her younger sister. Since then, Sarah reports frequent nightmares and difficulty expressing her emotions verbally. She has been referred to you for therapy but she is skeptical.

- a) Using a relevant example, articulate how you would introduce expressive therapies to Sarah. (2marks)
- b) Using two biblical examples, describe how you would convince Sarah that expressive therapies work. (4 marks)
- c) Demonstrate how you would use the family sculpting technique to understand Sarah's relationships with her family and why it was so devastating to lose her sister (4 marks).
- d) Explain how you would walk Sarah through the journey of creating a safe place for herself. (4 marks)
- e) Discuss any three reasons why you would opt to use expressive therapies to work with Sarah. (6 marks)

SECTION B: ANSWER ANY TWO QUESTIONS (20 Marks)

QUESTION TWO

May, a 30 year old lady was engaged to her childhood sweetheart for two years. Recently however, May discovered that the boyfriend is cheating on her and called off the engagement. May presents with low self-esteem, depressive symptoms and emotional numbness. During the intake interview, you discover that May was a competitive Ballet in her younger days, and although she doesn't compete now, she is still quite interested. You decide to incorporate dance and movement in your therapy with May.

- a) Analyze any two stages of dance and movement therapy that you would use to prepare May for a session. (4 marks)
- b) Demonstrate how you would use any three dance and movement therapy techniques to work with May. (6marks).

QUESTION THREE

Mara a 9 year old girl has begun exhibiting early pubertal maturation characteristics. Both mother and daughter have been caught unawares by this eventuality and are extremely anxious.

- a) Justify two categories of Bibliotherapy you would use to prepare Maya and her mother for the anticipated developmental stage (4 marks)
- b) Examine three benefits that the two are likely to reap from this intervention (6marks)

QUESTION FOUR

Jeddah, a six year old girl is reported to have serious anger issues both at home and at school. She is always on the edge and willing to fight with anyone who crosses her path the wrong way. Frustrated, her parents bring her to therapy but she refuses to open up

- a) Describe one play therapy technique you would use to build a relationship with Jeddah. (4marks)
- b) Illustrate the specific steps you would follow when using the "anger balloon" technique to help Jeddah manage her anger. (6 marks)

QUESTION FIVE

You have been assigned a group of children from a neighboring war zone to work with. On investigation, you discover that they are highly traumatized.

- a) Using two reasons, justify why you would incorporate music in your work with these clients. (4marks)
- b) Considering that these clients may relocate anytime, you also decide to incorporate filial therapy in their treatment. Articulate three filial therapy techniques you would teach their significant others' to enable them continue therapy at home. (6 marks)