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PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

END OF SEMESTER EXAMINATION FOR DIPLOMA IN COUNSELING

PSYCHOLOGY

SEPTEMBER-DECEMBER 2024 TRIMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD110

COURSE TITLE: COUNSELING SKILLS THEORY

EXAM DATE:

DURATION: 3 HOURS

TIME: 6:00PM-9:00PM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.

- **Answer question ONE is compulsory and any other Four questions.**
- *ALL PAC University's examination rules and regulations apply*

QUESTION ONE: COMPULSORY (20 MARKS)

- a) Describe the two main categories of needs as outlined by Henry Murray. (4 marks)
- b) Differentiate between congruence and empathy. (4marks)
- c) Explain Unconditional Positive Regard according to Carl Rogers. (2 marks)
- d) Describe what self-actualisation is. (2 marks)
- e) Explain the three components of Self-concept. (3 marks)
- f) Identify three characteristics of personality that liken us to the Image of God. (3 marks)
- g) Explain two core assumptions of the Humanistic approach to Psychology. (2 marks)

QUESTION TWO:

- a). Explain how the following counselling skills have an impact on the client. (4mks)
 - i. Probing
 - ii. Maintaining eye contact
- b). Illustrate TWO purposes of challenging skills. (4mks)
- c). Describe TWO benefits of the listening skills (2mks)

QUESTION THREE:

a). Describe THREE important reasons of observing the SOLER model process as a counselor (6mks)

b). Explain the benefits of using the following Counseling skills to the therapist and the client.(4)

QUESTION FOUR:

Explain each of the following skills,how its used in a counselling session.

(i)Paraphrasing (ii) Expressing (iii)The Art of Probing (iv) (v)Reflecting (vi) Summarising, (vi) Focusing (viii) (6 marks)

QUESTION FIVE:

a) Explain the following three main contributions of Clark Moustakas to Humanistic Psychology.

i) Play Therapy. (2 marks)

ii) Change and Healing. (2 marks)

iii) Personal Growth. (2 marks)

b) Discuss the following stages of development according to Rollo May.

i) Innocence. (2 marks)

ii) Rebellion. (2marks)