



PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS COUNSELLING PSYCHOLOGY
MAY-AUGUST 2021

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: MACP500/MFT506

COURSE TITLE: SPIRITUAL FORMATION EXAM DATE:

DATE: Friday 6th August

TIME: 6.00-9.00pm

INSTRUCTIONS

- Read the questions carefully before attempting.
- This Exam accounts for thirty (**30**) per cent of your total grading.
- The Exam has two sections – Section A and B.
- Section A has a compulsory question that carries **Ten (10)** marks. Attempt all the sections.
- Section B has **four (4)** questions, each carrying **Ten (10)** marks. You are required to answer any **two (2)**.
- Only the first **two** questions from section B attempted on the exam platform will be marked. If you do not wish that to happen, delete any answers you do not wish marked.

ALL PAC University's examination rules and regulations apply

SECTION A: ATTEMPT ALL THE SECTIONS OF THIS QUESTION. TOTAL MARKS TEN (10).

1. Wendo, 20 years old, presented with severe depression with suicidal ideation in your counselling session. She was also abusing drugs and sleeping around with men. Two years ago, the brother to her best friend raped her while visiting in their home. She was ashamed and could not share this with her parents. She feels worthless and hopeless. She has lost interest in her dream of becoming a quantity surveyor.
 - a) Identify four spiritual contents in this case 4 marks
 - b) Outline three ways you would help Wendo using spiritual tools. 6 marks

SECTION B: ATTEMPT ANY TWO QUESTION FROM THIS SECTIONS. TOTAL MARKS TWENTY (20).

2. Jeqi was told by her colleague therapists that she projects insecurity towards her clients during a debriefing session with them:
 - a) Describe four attributes in life map she can explore to come to self-awareness of this state of her being. 4 marks
 - b) Suggest three ways she can use spirituality to deal with her perceived weakness 5 marks
3. Consider the content of good child nurture that is spiritually protective to the development of spiritual health of a person by:
 - a. Analyzing two spiritual protectiveness of good nurture 4 marks
 - b. Applying three spiritual intervention of parental rejection you use for yourself. 6 marks
4. Spiritual disciplines are an important part of spiritual formation. According to 1Tim 4: 7-8, ⁷Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. ⁸For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.
 - a. Describe effectively, two benefits of the discipline of studying scriptures. 4 marks
 - b. Write out a design for organizing personal moments of solitude, highlighting three components you may include, from the knowledge you have acquired. 6 marks
5. Individual backgrounds provide each human being with an elaborate foundation of spirituality. For some people, the backgrounds may consist of ungodly altars on which are elaborate covenants that are binding. These spiritual forces constitute real powerful actors in each person's life.
 - a) Discuss two strategies a therapist can do mapping to determine the presence of a destructive altar in his/her personal life. 4 marks
 - b) Describe three steps a Christian therapist interested in cleaning their spiritual heritage can deal with the altars of their past and raise a new godly altar in its place. 6 marks