



END OF TERM EXAMINATION (MAY- AUGUST 2025)

CAMPUS: ONLINE

DEPARTMENT: COUNSELING PSYCHOLOGY

COURSE CODE: COU 3313

COURSE TITLE: SPIRITUAL RESOURCES IN COUNSELLING

DATE:

TIME:

INSTRUCTIONS

- **Read all questions carefully before attempting.**
- **Write your student number on the answer booklet provided.**
- **Section A is Compulsory**
- **Answer any TWO questions in Section B**

SECTION A (COMPULSORY) 20 MARKS

QUESTION 1

- a) Mention two common barriers between Spirituality/Religion and psychology in therapy. 4 Marks
- b) Outline any two ways in which mindfulness can be integrated in a counseling session. 4 Marks
- c) Distinguish between Spirituality and religion. 6 Marks
- d) Describe three positive outcomes of integrating Spiritual/ religious resources in counselling. 6 Marks

SECTION B ANSWER ANY TWO QUESTIONS

QUESTION 2

- a) Outline any two criteria for defining cults. 4 Marks
- b) Discuss any three factors that Counselors can use to create bridges between their spirituality and those of their clients in a counseling session. 6 Marks

QUESTION 3.

- a) Highlight two types of religion according to Eric Fromm. 4 Marks
- b) Describe any three indicators of religious countertransference in a counselling session. 6 Marks

QUESTION 4

- a) Discuss two approaches used by Psychologists working with Spiritual issues. 4 Marks
- b) Explain any three ways a Counsellor can assist clients develop their spiritual dimension. 6 Marks

QUESTION 5

- a) Discuss two benefits of self-forgiveness. 4 Marks
- b) Highlight three disadvantages of a counselor praying for a client in a counseling session. 6 Marks