



PAN AFRICA CHRISTIAN UNIVERSITY
END OF UNIT EXAMINATION FOR THE DEGREE OF
MASTER OF ARTS IN CHILDREN AND YOUTH MINISTRY
SEPTEMBER-DECEMBER 2024/2025

MODE OF STUDY: ONLINE
UNIT TITLE: PRINCIPLES OF CHRISTIAN COUNSELING
UNIT CODE: MDV600
INSTRUCTOR: DR. PHIDEL ADAH BARAZA

TIME ALLOWED: 3HRS

INSTRUCTIONS TO CANDIDATES:

- Read the instructions and questions carefully before you write the answers.
- Section A is compulsory.
- Answer any TWO question in Section B.
- You are allowed to use the Bible.
- Once you have opened the exam you must complete within the allotted time (3 hours)
- Once you exit the exam you cannot return
- When the three-hour period elapses, the exam will automatically expire and cannot be recovered.

SECTION A: Answer ALL questions (20 Marks)

1. Integrating Theology and Psychology in Counseling

- a) Define the concept of integrating theology with psychology within Christian counseling, and outline two specific benefits this integration brings to a counseling session. *(5 Marks)*
- b) Using a case example, describe how you would address a counselee struggling with guilt by integrating theological principles with psychological techniques. Identify at least one specific theological concept and one psychological technique in your response. *(5 Marks)*

2. Ethical Considerations in Church-Based Counseling

- a) List four ethical principles that are essential when providing counseling in a church context and briefly explain the purpose of each. *(5 Marks)*
- b) Describe a scenario where confidentiality might be ethically challenged in a church-based counseling setting. Explain how you would navigate this challenge, ensuring ethical integrity and care for the counselee. *(5 Marks)*

SECTION B: Answer ANY TWO questions (20 Marks each)

3. Application of Active Listening and Empathy in Counseling

- a) Define active listening and empathy and explain how these techniques align with biblical principles of compassion and understanding. *(5 Marks)*
- b) Provide an example of a counseling scenario where a counselee is struggling with feelings of shame. Explain step-by-step how you would use active listening and empathy to support the counselee in processing these feelings. *(10 Marks)*
- c) Reflect briefly on how using these techniques can build trust in the counselor-counselee relationship. *(5 Marks)*

4. Developing a Counseling Ministry in the Church

- a) Outline three key components of a counseling ministry you

would establish in a local church, describing the purpose of each component. *(6 Marks)*

b) Explain how you would incorporate prayer and spiritual guidance within this ministry while maintaining appropriate ethical boundaries. *(7 Marks)*

c) Describe an evaluation process to assess the effectiveness of the counseling ministry in meeting the spiritual and emotional needs of the congregation. *(7 Marks)*

5. Using Prayer and Spiritual Growth in Crisis Counseling vs. Long-Term Counseling

a) Describe two ways how prayer can be used differently in a session focused on acute crisis (such as trauma or grief) compared to a session aimed at long-term spiritual growth. Provide one specific example for each. *(10 Marks)*

b) Discuss two ways spiritual growth practices can support a counselee's journey through trauma and, conversely, how these practices can foster maturity in long-term counseling. *(10 Marks)*

6. Cultural Sensitivity in Christian Counseling

a) Define cultural sensitivity in the context of Christian counseling and explain why it is important when integrating biblical principles. *(5 Marks)*

b) Provide an example of a cultural difference that may arise in a counseling session and describe a culturally sensitive approach to address this while upholding Christian values. *(10 Marks)*

c) Reflect on one biblical principle that supports the practice of cultural sensitivity in counseling and briefly discuss how it guides a counselor's approach. *(5 Marks)*