



**END OF SEMESTER EXAMINATION FOR DIPLOMA IN
COUNSELING PSYCHOLOGY**

SEPTEMBER-DECEMBER 2020 TRIMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD111

COURSE TITLE: COUNSELING SKILLS LAB

EXAM DATE: TUESDAY 7th DECEMBER 2020

DURATION: 2 HOURS

TIME: 2:30PM-4:30PM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- **Answer question ONE and any other THREE questions**

ALL PAC University's examination rules and regulations apply

SECTION A

ANSWER ALL THE QUESTIONS (COMPULSORY) 10Marks

QUESTION ONE

- a) Explain the importance of the following terms in counseling
(4mks)
 - i. Paraphrasing
 - ii. Silence
- b) Discuss the Core conditions skills necessary in a counseling session. 4mks
- c) Describe four contents of a Contract form discussed during the Pre-interview stage (2mks)

SECTION II CHOOSE ANY THREE QUESTIONS (30MARKS)

QUESTION TWO

Read the following CASE STUDY and answer the questions that follows:

Cecil came for counselling feeling unhappy in life and didn't see the meaning to continue living. She feared about her two daughters who are now out of school and living with her elderly mother. During the initial stage, Cecil largely blamed her elder brother-in-law who is fighting her due to inheritance the father in law was dividing now that the husband had married another woman. As she continued talking, the intensity of her problem and her health status made the therapist express how she felt sorry and pity on her due to her experience. Cecil then asked the therapists to help her talk to the ex-husband and gave him the husband's telephone contact. As a parent the therapist really wanted to help.

- i. Explain the four counseling skills you would use in the first session. 2mks
- ii. Highlight two unethical issues that may come up during therapy. (2mks)
- iii. Describe two of clients presenting issues you would want to explore in Liana's life in order to understand his current life. (2mks)
- iv. Clarify what would be two of the clients intended outcomes. (2mks)

- v. Demonstrate how you would use Summarizing Skills to end the above session **2mks**

QUESTION THREE

- a. Explain how the following counseling skills have an impact both on the counselor and on the client. **(6mks)**
- i. Self-Disclosure
 - ii. Transference and countertransference
 - iii. Confrontational skills
- b. Demonstrate two purposes of Reflective listening skills. **(2mks)**
- c. Illustrate with examples two Benefits that are key in probing skills **(2mks)**

QUESTION FOUR

- a. Describe the attendance skills of SOLER a counselor should apply in a counseling process **4mks**
- b. Describe two contents that should be included in the informed Consent form **.4mks**
- c. Explain two factors to consider when moving a client from the problem stage to the action stage. **2mks**

QUESTION FIVE

- a) Describe two importance of collaborative goal setting during the counseling process **4mks**
- b) Using the above Case study in **Question Two** illustrate the using of the following skills **4mks**
- i. Reflection of feelings
 - ii. Reflection of meaning
- c) Explain four skills in building a professional Relationship in a counseling Session **2mks**