



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 2020

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU2313

COURSE TITLE: ABNORMAL PSYCHOLOGY

EXAM DATE: 21st August

TIME: 2.30-5.30

INSTRUCTIONS

- Write your **student number** on the answer booklet provided.
- Read the questions carefully before attempting.
- This Exam accounts for thirty (30) per cent of your total grading. The exam will be marked out of 50 and then worked out of 30.
- The Exam has two sections – Section A and B.
- Section A has a compulsory question that carries **Twenty (20)** marks. Attempt all the sections.
- Section B has **five (5)** questions, each carrying **Ten (10)** marks. You are required to answer any **three (3)**.
- Only the first three questions from section B attempted on your answer booklet will be marked. If you do not wish that to happen, cancel any answers you do not wish marked.

SECTION A: ATTEMPT ALL THE SECTIONS OF THIS QUESTION. TOTAL MARKS TWENTY (20).

1. Juda was given his first client in the practicum site. He remembered that assessment must be thorough.
 - a) Outline the significance of doing the following exploration in therapy:
 - i) The history of the problem (Background to the problem)
 - ii) The family history8 marks
 - b) Professionals in the field use different assessment model to understand abnormality in a client. Explain the models listed below
 - i) Diathesis-stress model
 - ii) Family system model
 - iii) Sociocultural model
 - iv) Cognitive-behavioral model12 marks

PART B: ANSWER ANY THREE QUESTIONS FROM THIS SECTION. EACH QUESTION CARRIES 10 MARKS.

2. Psychological abnormality described using key words. Critique with examples, the following terms used for its description:
 - a) Deviant
 - b) Perception of reality
 - c) Distressing
 - d) Maladaptive
 - e) Dangerousness10 marks
3. Suicide is always a major risk in those that seek therapy.
 - a) Distinguish between suicide and self-harm in the management of clients 4 marks
 - b) Describe how each of the three areas below help you to assess suicidal risk:
 - i) Suicidal plan
 - ii) Realistic6 marks
4. Outline how the following perspective explain abnormality
 - a) Psychoanalytic perspective
 - b) Humanistic perspective
 - c) Behavioral perspective
 - d) Cognitive perspective
 - e) Biomedical/Neuroscience perspective10 marks
5. Personality disorders get the view that they are unique among the other categories of disorders. Explain how the following personality disorders are disruptive to self and relationships.
 - a) Narcissistic personality disorder
 - b) Paranoid personality disorder10 marks
6. According to the Bible, the sin of Adam, usually referred to as the fall, is the root of all human suffering. Therefore, abnormality is not only psychological but also spiritual.

- a) Discuss this perspective. 2 marks
- b) Suggest different ways Christian spirituality can support those suffering from mental disorders. 8 marks



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MAY-AUGUST 2020

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU2324

COURSE TITLE: ASSESSMENT AND PROCESS

EXAM DATE: 18th August

TIME: 2.30-5.30

INSTRUCTIONS

- Write your **student number** on the answer booklet provided.
- Read the questions carefully before attempting.
- This Exam accounts for thirty (30) per cent of your total grading. The exam will be marked out of 50 and then worked out of 30.
- The Exam has two sections – Section A and B.
- Section A has a compulsory question that carries Twenty (20) marks. Attempt all the sections.
- Section B has **five** (5) questions, each carrying Ten (10) marks. You are required to answer any **three** (3).
- Only the first three questions from section B attempted on your answer booklet will be marked. If you do not wish that to happen, cancel any answers you do not wish marked.

SECTION A: ATTEMPT ALL THE SECTIONS OF THIS QUESTION. TOTAL MARKS TWENTY (20).

1. Professional therapy stands on three major framework listed below.
 - a) Justify the significance of embedding them in therapy.
 - i) Thorough assessment
 - ii) Theoretical models
 - iii) Ethical relationships12 marks
 - b) Underscore the role of the following in assessment
 - i) Psychological testing
 - ii) Nonstandardized clinical interviews8 marks

PART B: ANSWER ANY THREE QUESTIONS FROM THIS SECTION. EACH QUESTION CARRIES 10 MARKS.

2. Therapeutic process loosely refers to psychological interactions and transformation found in therapy. Analyze the impact of the following to the quality of the therapeutic process:
 - a) Therapeutic communications.
 - b) Processing of traumatic issues and misaligned personal narratives.10 marks
3. Briefly describe how the following cognitive therapies are used:
 - a) Cognitive reframing (restructuring)
 - b) Activity scheduling
 - c) Journaling thoughts
 - d) Guided discovery
 - e) Role playing10 marks
4. Solution focused brief therapy is expended using purposefully formulated questions.
 - a) Explain the goals of the following questions:
 - i) What difference would you want this conversation to make in your life?
 - ii) What would you like instead?4 marks
 - b) The miracle question is a major tool in SFBT. Juri has come to you with the complains that his performance at work has diminished since a new critical boss took over. He also explained that this has affected his relationship with his wife and the happy time he used to give to his children. He feels hedged in because he does not see the possibility of getting another job in this times when COVID 19 has affected the economy. He has come to you because he noticed that he is spiraling downwards at a very high speed. Construct a miracle question to support moving Juri's therapy forwards. 6 marks
5. Bowen theory is a system theory.
 - a) Explain two perspective it may provide in an individual therapy session 4 marks

- b) Describe how the roots of the following systemic symptoms operate:
- i) Child symptom
 - ii) Spouse symptoms
- 6 marks
6. Exploration of spiritual contents of the client is a significant part of assessment and process. Describe how useful the following spiritual themes in a client will be in the process of therapy:
- a) Belief to a Supreme Being or otherwise
 - b) Affiliation and practices with religious groups
 - c) Religious resources a client has
 - d) Themes of guilt and forgiveness
 - e) Personal comfort related to ideas of spirituality
- 10 marks



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MAY-AUGUST 2020

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU3122

COURSE TITLE: CLINICAL SUPERVISION

EXAM DATE: 24th August

TIME: 2.30-4.30 (Two hrs – it is a two hrs credit course)

INSTRUCTIONS

- Write your **student number** on the answer booklet provided.
- Read the questions carefully before attempting.
- This Exam accounts for thirty (**30**) per cent of your total grading. The exam will be marked out of **40** and then worked out of **30**.
- The Exam has two sections – Section A and B.
- Section A has a compulsory question that carries **Twenty (20)** marks. Attempt all the sections.
- Section B has **three (3)** questions, each carrying **Ten (10)** marks. You are required to answer any **three (2)**.
- Only the first **three** questions from section B attempted on your answer booklet will be marked. If you do not wish that to happen, cancel any answers you do not wish marked.

SECTION A: ATTEMPT ALL THE SECTIONS OF THIS QUESTION. TOTAL MARKS TWENTY (20).

1. Jada came for therapy with an alcohol abuse problem, hopelessness and a broken family.
 - a) Outline symptoms you are likely to observe in Jada. 4 marks
 - b) Present at least three major areas you would explore to understand Jada's problem. 6 marks.
 - c) Describe three ways narrative therapy would seek to help Jada. 6 marks
 - d) A peer in debriefing tells you that you would need to organize some social support for Jada. Explain how you would do that. 4 marks

PART B: ANSWER ANY TWO QUESTIONS FROM THIS SECTION. EACH QUESTION CARRIES 10 MARKS.

2. Clinical supervision and peer support are important facilities for the support of a therapists.
 - a) Suggest the risks faced by a therapist who lacks this. 2 marks
 - b) Explain how to organize your clients' presentation so that you get maximum benefits from a supervision session. 4 marks
 - c) Explain the role of a therapeutic process recall after a session. 2 marks
3. Explain how the following weekly reflection areas support the growth of a therapist:
 - a) The use of models in the sessions.
 - b) The encounter of unfinished business during therapy.
 - c) Examining changes instituted by the student therapist during the week.
 - d) Reflection on areas of needed growth.
 - e) Lifting areas that the client has grown in. 10 marks
4. Ruba is frustrated because every relationship she engages in ends in sexual exploitation and then rejection. She presented with depressive symptoms.
 - a) Discuss how you would explore her sexuality. 5 marks
 - b) Suggest spiritual perceptions that can explain Rubi's issue. 5 marks



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MAY-AUGUST 2020

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU4312

COURSE TITLE: PSYCHOLOGY OF ADOLESCENCE

EXAM DATE: 24th August

TIME: 11.15-2.15

INSTRUCTIONS

- Write your **student number** on the answer booklet provided.
- Read the questions carefully before attempting.
- This Exam accounts for thirty (**30**) per cent of your total grading. The exam will be marked out of **50** and then worked out of **30**.
- The Exam has two sections – Section A and B.
- Section A has a compulsory question that carries **Twenty (20)** marks. Attempt all the sections.
- Section B has **five (5)** questions, each carrying **Ten (10)** marks. You are required to answer any **three (3)**.

- Only the first three questions from section B attempted on your answer booklet will be marked. If you do not wish that to happen, cancel any answers you do not wish marked.

SECTION A: ATTEMPT ALL THE SECTIONS OF THIS QUESTION. TOTAL MARKS TWENTY (20).

1. Adolescence is studied because of the importance of the transitions that happens at this stage. Discuss the significance of the following transitions:
 - a) Biological transition
 - b) Cognitive transition
 - c) Emotional transition
 - d) Social transition

20 marks

PART B: ANSWER ANY THREE QUESTIONS FROM THIS SECTION. EACH QUESTION CARRIES 10 MARKS.

2. Identity development is a key achievement of adolescence;
 - a) Discuss factors that mediate healthy identity formation. 6 marks
 - b) Relate two outcomes of failure of identity formation. 4 marks
3. Moral identity, achieved in the course of adolescence, is an important life asset in moral decision-making situations. The concepts below are components of moral sensibilities (Capacity to make a moral decision in a morally testing situation). Explain their meanings using in two or three sentences.
 - a) Capacities of moral awareness
 - b) Being in-the-moment
 - c) Moral identities and self-understandings
 - d) Cultural influences
 - e) Idiodynamic ideology 10 marks
4. At adolescence, peer relationship is an important factor in the social transition.
 - a) Advice parents in your social networks on how to protect their relationship with their children at this stage. 5 marks
 - b) Explain how you would rescue your own son caught in peer orientation. 5 marks
5. At adolescence, different youths respond to different stressors in different ways.
 - a) Differentiate between the outcome of internalizing and externalizing stress. 4 marks
 - b) Discuss the intervention required to rehabilitate adolescents that are manifesting externalizing behavior because of stress. 6 marks

6. The Bible provides guidance on how to bring up children so that they have sound development. Discuss any 5 such guidance. 10 marks