



PAN AFRICA CHRISTIAN UNIVERSITY

END OF TERM EXAMINATION

COU2223: COUNSELING II

THURSDAY, MARCH 31, 2011

0800HRS – 1100HRS

INSTRUCTIONS

- This Exam Script has **TWO (2)** Parts.
- Answer ALL questions in Part I and ONLY ONE question in Part II.
- Write your **student number** on the Answer Booklet.
- Read all questions carefully before attempting.

PAN AFRICA CHRISTIAN UNIVERSITY
PA5043: COUNSELING II
END OF TERM EXAM
TIME: 3 HOURS

INSTRUCTIONS: ANSWER **ALL** THE QUESTIONS IN PART I AND **ONLY 1** QUESTION IN PART II

Part I – Answer **ALL** the questions in this section.

1. Indicate the skill for each of following counseling responses. (1 mrk each)

- i) “What is it about your looks that you think others don’t like?”
- ii) “Could you explain to me what you mean by “getting away from it all”?”
- iii) Client: “I know it doesn’t help my depression to sit around or stay in bed all day.”
Counselor: “You know you need to avoid staying in bed or sitting around all day to help your depression.”
- iv) “You seem discouraged because you can’t seem to reach your father.”
- v) “Monica, we’ve got about five minutes left today. It seems like most of the time we’ve been working on the ways you find to sabotage yourself from doing things you want but feel are out of your control.
- vi) “I’m sorry, I’m having difficulty focusing. Let’s go over that again.”
- vii) “You are really smiling now-you must be very pleased about it.”
- viii) “There have been times when I’ve also felt down myself, so I can sense how discouraged you are. Sometimes, criticism from someone close to me has made feel even worse, although I’m learning how to value myself regardless of critical comments from those I care about.”
- ix) “William, on the one hand, you feel like having limits would really help your son, and at the same time, he can do whatever he pleases with you. How do you put this together?
- x) “You feel concerned about your parents’ divorce.”

2. Explain 4 personal qualities that a good counselor has. (4 marks)

3. Discuss the three core conditions that are necessary for counseling to happen. (2 marks each)

4. Briefly discuss 3 points of what a counselor needs to do in order to develop cultural competence. (6 marks)
5. Discuss the consequences of counselors imposing their values on clients (4 marks)

Part II. Answer **ONLY 1** question in this section.

Case study

Isabella is a 20 year old student in her 2nd year at a Christian university. Her presenting problem in the first counseling session was that she was “unhappy” and “discouraged” with school and was wondering what to do. She further revealed that she felt inadequate in comparison to her peers in regard to school work. This feeling led to her not putting any effort into some courses resulting to her doing even more poorly in them. In fact, Isabella confessed that she had missed a couple of those classes of the courses she felt weak in. She however, talked of having some good Christian girlfriends whom she could talk to from time to time. This was quite helpful for her as it “boosted” her Christian walk. Speaking of her background, Isabella grew up with a perfectionist mother who demanded only the best from her. Her father was somewhat distant and she did not feel emotionally connected to him.

6. Using the A-B-C assessment model, conceptualize and assess what is happening with Isabella. (10 marks)
7. Considering Isabella case study, respond to the following questions. (10 marks)
 - a) Identify and explain the human needs resident in the client. (3 marks)
 - b) Suggest some clinical interventions (3 marks)
 - c) Explain how you can integrate with Christian principles to help Isabella (4 marks)