



PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY
MAY-AUGUST 2018

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU3313

COURSE TITLE: SPIRITUAL RESOURCES IN COUNSELING

EXAM DATE: WEDNESDAY 8TH AUGUST 2018

TIME: 5.30PM – 8.30PM

INSTRUCTIONS

- Read all questions carefully before attempting.
- Write your **student number** on the answer booklet provided.
- This exam script has **TWO (2)** sections.
- **Section A is Compulsory**
- **Answer any TWO questions in Section B**
- *Write clearly and legibly.*
- *ALL PAC University's examination rules and regulations apply*

SECTION A: COMPULSORY (30 MARKS)

QUESTION 1

- a. Define the following terms:
 - i. Meditation **1 marks**
 - ii. Solitude **1 marks**
 - iii. Ritual **1 marks**
- b. Using a client-centered worldview, describe a suitable assessment procedure a Christian counselor should use in therapy. **8 marks**
- c. Discuss how the theme of suffering can be used in counseling. **6 marks**
- d. Discuss four ethical concerns that a therapist conscious about spirituality needs to consider in her practice. **8 marks**
- e. Distinguish between religion and spirituality **5 marks**

SECTION B: Answer any TWO Questions (30 Marks)

QUESTION 2

- a. Using examples discuss five spiritual resources available to a Christian client. **10 marks**
- b. Explain how the theme of oppression is applicable in therapy. **5 marks**

QUESTION 3

- a. Explain how a Christian counselor can use the understanding of spirituality to help a non-Christian client. **9 marks**
- b. Differentiate between implicit and explicit spiritual interventions. **6 marks**

QUESTION 4

- a. Evaluate the effectiveness of using confession and forgiveness in counseling. **9 marks**
- b. Discuss two possible ways that a Christian counselor could use prayer in therapy. **6 marks**

QUESTION 5

- a. Discuss three benefits of spiritual integration in therapy. **6 marks**
- b. Using an example, describe the process you would follow in preparing a treatment plan for a grieving traditional African woman. **9 marks**