



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

END OF SEMESTER EXAMINATION FOR THE DEGREE OF

BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY

JANUARY – APRIL 2018 SEMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU4232

COURSE TITLE: CLINICAL SUPERVISION III

EXAM DATE: MONDAY 16TH APRIL 2018

TIME: 9:00AM-11:00AM

INSTRUCTIONS

- This examination script consists of **Five (5)** questions.
- Read all questions carefully before attempting.
- Write your **student number** on the answer booklet provided.
- Answer **Question ONE** and any other **TWO** questions
- Question **one** carries **20** marks
- Question 2-5 carry **10** marks each

QUESTION ONE: COMPULSORY

Itande was confused about how to order his life. He had struggled hard to set up a vegetable/fruits business after dropping out of school due to lack of school fees. His father's brother had taken over all their father had left behind after his death and pushed their mother and four children into destitution. He distinguished himself by supporting all his siblings go through school and acquiring great jobs. They went on to be very successful individuals.

At the point of coming to you for therapy, he is experiencing lack of motivation to work. He states that he lacks energy, has a sense of hopelessness and feels his own children are destined to drop out of school. His relationship with his wife is deteriorating because he spends spells of time just withdrawn and very sad. Quarrels between him and his wife became more frequent threatening the stability of his family. His wife says that she is confused because he had changed suddenly. She misses her husband who was hard working, joyful and had faith in God. Itande expresses bitterness towards his siblings for whom he lived the younger years of his life because they do not seem to be of the mind to reciprocate. According to him, they do not recognize that they could make his lot better and often feels he should have used his resources for himself. He mourns that his children live far below those of his siblings and his wife has to work hard to supplement his income. Many nights he ruminates on how he would be a rich man if he had invested all the money he had spent on his siblings. He also begrudges his uncles who disinherited them instead of supporting him. He felt life was so unfair that it was not worthy living. A talk with the wife reveals to you that his siblings are not aware of what he is going through.

- a) Identify the condition Itande is suffering from. 1 mark
- b) Describe how you would explore this case 5 marks
- c) Suggest the underlying roots of Itande's disturbance 3 marks
- d) Explain clear treatment techniques you would use from Cognitive Behavioral therapy to manage Itande's problem. 8 marks
- e) Underscore biblical teachings that would be of help to Itande as a believer in his condition. 3 marks

QUESTION TWO

In dealing with your practicum clients there has been emphasis on the need to work with theoretical models but also the ability to do integration of models.

- a) Argue for the need for integration. 2 marks
- b) Discuss what therapists would consider in choosing the following integrative models of orientation in treatment:
 - i) Technical eclecticism 2 marks
 - ii) Assimilative integration 2 marks
 - iii) Theoretical integration 2 marks
 - iv) Common factor integration 2 marks

QUESTION THREE

Behavioral Therapy approach involves a variety of techniques used by therapists to give skills to clients in real lived experience:

- a) Identify any two viewpoints that undergirds behavioral therapy 2 marks
- b) Explain the following interventions therapists use in a counselling session in the light of the model.
 - i) Systematic desensitization
 - ii) Assertion training 6 marks
- c) Matingo revealed in therapy his concern about the intense fear he had for being in big groups of people for instance parties. The therapist in his treatment plan indicated that he was going to use flooding as a technique of intervention. Justify the choice of this technique. 2 marks

QUESTION FOUR

Therapists need to be concerned about safeguarding themselves from assault and litigations in the market place.

- a) Give four cues you would use to identify a potentially violent client 2 marks
- b) Describe measures you would take to protect yourself from assault in practice. 4 marks
- c) Discuss important matters a counselor needs to attend to in order to be safe from litigation 4 marks

QUESTION FIVE

Using any of the following disorders, answer the questions that follow:

- i. Schizophrenia
- ii. Delusional Disorders
- iii. Obsessive Compulsive Disorders
- iv. Eating Disorders

- a) Outline at least four main characteristics of the disorder 2 marks

- b) Discuss in summary how you would treat a client with the disorder you have described above 8 marks