



PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COUSSELLING PSYCHOLOGY
SEPTEMBER-DECEMBER 2019

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU2324

COURSE TITLE: ASSESSMENT AND PROCESS IN COUNSELING

EXAM DATE: TUESDAY 3RD DECEMBER 2019

DURATION: 2 HOURS

TIME: 9:00AM-11:00AM

INSTRUCTIONS

- Write your **student number** on the answer booklet provided.
- Read the questions carefully before attempting.
- This Exam accounts for thirty (**40**) per cent of your total grading. The exam will be marked out of **60** and then worked to be out of **40**.
- The Exam has two sections – Section A and B.
- Section A has compulsory questions that carries **30** marks. Attempt all the questions.
- 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.
- *ALL PAC University's examination rules and regulations apply*

SECTION A: These Questions are Compulsory and Carries Thirty (30) Marks.

1. CASE STUDY

Zima, a student from Zakinda college, feared that she was at the risk of failing her second-year studies. She had had a relationship breakup and felt lonely and isolated. She was unable to concentrate on course work and exam revision. Prior to this, she had offered a lot of support with practical problems to a group of friends, which included her ex-partner, from her first year at the university, and she started feeling exploited by them. She was fearful about the implication of her failure considering that she needed to continue succeeding to motivate her mother whose only fulfilment was the success of her daughter's academic success since relationships with her husband were very strained. She felt angry with her father and felt the need to be her mother's consolation. Now she felt overwhelmed by the need to be supportive of her mother's distress by giving her a reason to be proud of her. She felt if she failed, her father will attack her mother and blame her for not guiding her appropriately. Her mother did not have any feelings of closeness to share with her children because she had grown in an abusive relationship. Her stepfather discriminated her and often criticized her in whatever she did. Her mother who had come from a background that was economically deprived often turned the other way. She felt a little reprieve whenever she visited her maternal grandparents but the stepfather disapproved the visits making them very rare. She married early as a way of getting away from her home to escape the unfriendliness in the environment. The man he married however did not know how to be affectionate because his parents were too busy to connect with him. Since they could raise money for a nanny, they spent much of their time making money, while he and his brother were in the custody of various nannies because none stayed long. They kept leaving because their mother was very critical. Zima's father expected her and her siblings to succeed in their academics and gain entry into great careers. He had come from a family where success was very important. Any failure resulted in great family tensions as he saw it as his wife's responsibility to ensure that the children worked hard. She now thought she was definitely going to bring the family to a nasty end as they conflicted around her failure. She was angry with all the people in her life; her college friends whose life seemed to flow on without recognizing her struggles, her father who will never understand her pain and even her mother for choosing such a man as their father. She has difficulties disclosing her problems to anybody because in her family, no one ever shared anything. Everybody dealt with their own pain. The HOD of her department directed Zima to you as the college therapist when in a staff meeting it emerged that her CAT marks have been so low unlike her previous performance. She has managed to relate the above background.

- a) Give any two reasons why you need theoretical models of counselling in your counselling process as a professional therapist. 4 marks
- b) Identify issues you would prioritize in her therapy if you were dealing with her from the following models:
 - i) Cognitive Behavioral Therapy 5 marks
 - ii) Solution Focused Brief Therapy 5 marks
- c) Outline the attachment issues that may be in Zima's life 4 marks
- d) Analyze the transgenerational materials depicted by:
 - i) Zima's mother 3 marks
 - ii) Zima's mother 3 marks

- e) Discuss how the parental materials destabilized Zima's life 6 marks

SECTION B: Attempt any THREE (3) questions in this section. Each question carries 10 marks.

2. Solution focused brief therapy is hailed as being brief and effective.
- i) Identify two goals of a good SFBT therapist . 2 marks
 - ii) Describe three significant component of a good miracle question in solution focused brief therapy. 6 marks
 - iii) Design two questions you would ask to explore previous solutions clients have used before. 2 marks
3. Cognitive therapy thrives on the basis that faulty schemas are the roots of clients disturbance.
- a) Explain how faulty schemas are formed 2 marks
 - b) Describe the following techniques designed to help clients examine their thoughts and behaviors in order to identify faulty functioning.
 - i) Validity testing
 - ii) Guided discovery
 - iii) Cognitive rehearsal 6 marks
 - c) Design a socratic question for each of the following objectives:
 - i) To conceive reasonable alternatives
 - ii) To evaluate the consequences of some faulty thinking 2 marks
4. Attachment styles formed in childhood can be very enduring.
- a) Give the key characteristics of insecure avoidant attachment styles 2 marks
 - b) Explain how this kind of attachment is formed 2 marks
 - c) Articulate what you would expect to find in a marriage partner with insecure avoidant attachment style during therapy. 6 marks
5. Client conceptualization is most important for accurate therapy to happen.
- a) Describe three areas you would explore to conceptualize and diagnose your client upon meeting for the first time. 6 marks
 - b) Show two ways you would use yourself as the person of the therapist in aid of your therapeutic process. 4 marks
6. Explain the following concepts used in Bowenian theory of therapy. 10 marks
- a) Differentiation of self
 - b) Emotional fusion
 - c) Emotional triangle
 - d) Multigenerational transmission
 - e) Emotional cutoff