



PAN AFRICA CHRISTIAN UNIVERSITY

**END OF SEMESTER EXAMINATION FOR DEGREE OF
BACHELORS OF ARTS IN COUNSELING**

MAY – AUGUST 2017

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU4334|COU2322

COURSE TITLE: Assessment and Process

EXAM DATE: THURSDAY 27th JULY 2017

TIME: 5.30PM-8.30PM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your **STUDENT NUMBER** in the Answer Booklet given
- Answer **ALL** questions in **Section A** and any other **TWO** from **Section B**.

SECTION A: Compulsory: Answer ALL Questions

QUESTION 1

Case study

Joshua had a sister that is his follower. His mother died when he was age 5 and his father remarried. At first Joshua and his sister were excited to have another mother but not for long. She begun to mistreat them after she got children of her own. Joshua's father worked in the Rift Valley while they lived with the step mother in Kiambu. Joshua tried to tell his father of their mistreatment at the hands of their step mother but he wouldn't listen. He was also authoritarian in his parenting style. Finally, Joshua fled from home to live on the streets.

After being on the streets for six months, Joshua was found by an uncle who took him in and finally took him to school. Joshua grew up and married Cathy who was a sixth born in a family of seven who were emotionally close to each other. Joshua and Cathy got three children: two daughters and one son. The first born daughter still lives with the parents while the second born has been married now for one year. The son is still in upper primary and a darling of both the parents and sisters. They cherish him. He has been presenting with low self - esteem and academic decline.

Since the second born daughter got married one year ago, she has never visited the parents nor answered their calls. The first born daughter has no known relationship with a male person. Joshua and Cathy are experiencing serious marriage conflict with Cathy accusing him of failing to make love to her or arousing her before sexual intercourse. She calls it an abuse and rape. Joshua in turn sees her as nagging just as his step mother was to him.

(i) Using Bowenian Family Systems approach, do the following:

- a) Discuss projection in Joshua's family (2 marks)
- b) Describe (with a genogram) multigenerational issues in the family (8 marks)

(ii) Using Cognitive Behavior Therapy (CBT), do the following:

- a) Describe the mood disorder that Cathy could have been experiencing at the time of seeking therapeutic help (4 marks)
- b) Discuss how CBT approach is applicable in Joshua and Cathy's dysfunctional relationship (6 marks)

QUESTION 2

- a) Define the term conceptualization (2 marks)
- b) Describe how a Christian counselling psychologist would proceed with a client who identifies their sex gender as either lesbian or gay (4 marks)
- c) Discuss two circumstances that would prompt a counselling psychologist to refer a client (4 marks)

QUESTION 3

- a) Explain the term: “Unconditional Positive Regard (2 marks)
- b) Assessment of a client provides a road map to counselling. Explain the four areas assessment seeks to address (8 marks)

SECTION B: Answer Any Two Questions

QUESTION 4

- a) Outline the four steps to be followed in a counselling process (4 marks)
- b) Rogers was opposed to the assumption that individuals cannot be trusted. Discuss (6 marks)

QUESTION 5

You have been seeing Oti for individual counselling for three months. You have received a request from the mother who is incarcerated at a Kisumu prison for copies of all his school records. His mother has also asked for your case notes.

Discuss the ethical issues in the matter before you (10 marks)

Question 6

Distinguish between the goals of therapy using:

- a) Person Centered Therapy (5 marks)
- b) Cognitive Behavior Therapy (5 marks)