



**PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE BACHELOR OF ARTS
IN COUNSELING PSYCHOLOGY**

**MAY-AUGUST 2021 SEMESTER
COURSE CODE: COU2224
COURSE TITLE: COUNSELLING SKILLS AND TECHNIQUES
EXAM DATE: 12 AUGUST 2021
DURATION: 3 HOURS
TIME: 5.30 P.M**

INSTRUCTIONS:

- Read the instructions and questions carefully before you write the answers.
- This Exam has TWO SECTIONS.
- **SECTION A** is Compulsory.
- Answer any **TWO** questions in **SECTION B**

SECTION A : COMPULSORY (20 MARKS)

QUESTION ONE

- a) With examples explain the importance of the following counseling skills in therapy.
 - i) Self-disclosure (2 Marks)
 - ii) Challenging (2 Marks)
 - iii) Immediacy (2 Marks)
- b) Illustrate one situation when a counselor can confront a client. (2 Marks)
- c) Explain any two techniques that you can use in a termination process during a therapy session. (4 Marks)
- d) Demonstrate any two instances where using spirituality can impact positively on a client (4 Marks)
- e) Explain any two importance of open-ended questions in counseling and give two examples of such questions. (4 Marks)

SECTION B : ANSWER ANY TWO (2) QUESTIONS

QUESTION TWO

- a) With use of two examples, illustrate ways in which assessment enhances the counselor-client relationship (4 Marks).

- b) Discuss any three skills that a counselor may use to manage resistance during a therapy session (6 Marks)

QUESTION THREE

Case study

Mercy came to you for counseling regarding her experiences with her mother. She complains that her mother is hard on her and she feels like giving up in life. She explains that she is not able to make concrete decisions about her education and career.

- a) Describe the function of paraphrasing skill in this therapy. (2 Marks)
- b) Indicate how reflecting skill will benefit Mercy (2 Marks)
- c) Explain how it might be appropriate for you to share personal information with the client (2 Marks)
- d) Discuss the nature of non-verbal skills that you would apply while exploring with Mercy. (4 Marks)

QUESTION FOUR

- a) Analyze the two principal goals of helping according to Egan (4 Marks).
- b) Discuss SOLER as an attending behavior in non-verbal communication. (6 Marks)

QUESTION FIVE

- a) Illustrate any two aims of initial stage of a therapeutic session (4 Marks).
- b) Describe three qualities that a multi-culturally competent counselor should exhibit (6 marks).