



**COURSE TITLE: GROUP COUNSELLING
CODE: COU3233**

**EXAM DATE: FRIDAY 4 DECEMBER 2020
DURATION: 3 HOURS
TIME: 1430-1730
INSTRUCTIONS**

- Read the instructions and questions carefully before you write the answers.
- Write your STUDENT NUMBER in the Answer Booklet given
- This Exam has TWO SECTIONS
- SECTION A is Compulsory.
- Answer **TWO** questions in **SECTION B**
- *Write clearly and legibly.*

SECTION A IS COMPULSORY (20 MARKS).

ALL YOUR RESPONSES MUST BE IN PARAGRAPH FORMAT!

QUESTION ONE (20 MARKS)

- a) You have realized that your Church membership is growing at a very fast rate and the lay counsellors are very few. Many of the youth are struggling with similar issues that require help. Discuss six reasons why you will consider group counselling to your Church leadership (3 marks).
- b) Discuss how you can apply the concept of injunctions and counter-injunctions in a parenting program (4 marks)
- c) Critique six anxieties that are commonly reported by beginning group leaders (3 marks).
- d) Explore in four detailed ways how you can integrate Existential Approach to groups in the Christian setting (4 marks).
- e) Many clients seek help due to “unfinished business” in their lives. Provide the rationale why you would prefer to use Gestalt Therapy with this group of clients (2 marks).
- f) Demonstrate two ethical consideration that group leaders must pay attention to regarding their motivation and theoretical stance (4 Marks)

ANSWER TWO QUESTIONS IN SECTION B (20 MARKS)

ALL YOUR RESPONSES MUST BE IN PARAGRAPH FORMAT!

QUESTION TWO (10 MARKS)

- a) Critique why the cultural accommodation model is appropriate in multicultural group settings? (3 marks)
- b) Explain in two ways the rationale why you would consider integrating the concept of “Teleology” in Christian discipleship (4 Marks)
- c) Critique three reasons why it is hard to guarantee absolute confidentiality in a group setting (3 Marks).

QUESTION THREE (10 MARKS)

- a) One of the key techniques in group leadership is “think about theory.” Discuss three reasons (3 Marks)
- b) Suggest three questions that Gestalt group leaders can use to lead clients to present-centeredness (3 marks)
- c) Describe the concept of the ego states in Transactional Analysis (4 marks)

QUESTION FOUR (10 MARKS)

- a) Discuss two concerns why the Gestalt Therapy is subject to potential misuse of power (4 marks).
- b) Choice Theory embedded in the assumption that it is impossible to choose a total behaviour and not choose all of its components. Explain with an example (2 marks)
- c) Critique why the need for strokes in Transactional Analysis is important (4 marks)

QUESTION FIVE (10 MARKS)

- a) Explore two reasons why it is important to establish the sense of safety within a group counselling in Reality Group Therapy (4 marks)
- b) Discuss four ethical reasons that you will pay attention to when facilitating group counselling in a multicultural setting (4 marks).
- c) Demonstrate four ways how gaining a higher degree of self-awareness is important in Existential Therapy (2 marks)