



**PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF TRIMESTER EXAMINATION FOR DIPLOMA IN COUNSELLING
PSYCHOLOGY
MAY-AUGUST 2023**

CAMPUS: ALL ONLINE/BLENDED

DEPARTMENT: COUNSELLING PSYCHOLOGY

COURSE CODE: COD 107

COURSE TITLE: COUNSELLING MODELS & STRATEGIES

EXAM DATE: MONDAY 31ST JULY 2023

TIME: 2.00 P.M. – 5.00 P.M.

INSTRUCTIONS:

- This examination script consists of **Two Sections**
Section one compulsory (20 marks)
Section two: Answer any TWO Questions (20 Marks).
- Read all questions carefully before attempting.

SECTION A: COMPULSORY (20 MARKS)

QUESTION ONE (20 MARKS)

- (a) Explain the meaning of the following terms:
 - (i) Counselling. (2 marks)
 - (ii) Behavior modelling. (2 marks)
 - (iii) Repression. (2 marks)
- (b) Discuss the importance of the following in a counselling relationship:
 - (i) Empathy. (2 marks)
 - (ii) Unconditional positive regard. (2 marks)
- (c) Jael, a 26-year-old Christian lady has visited your counselling center for help. Her parents died when she was 17 years old. Further assessment indicates sadness, anxiety and anger. Her family and significant others seems to be harsh to her. Some have openly told her that she is ungrateful to have a job at a time other people are tarmacking. She indicates to have entered a state of loneliness, helplessness, and hopelessness. This is affecting her work and she fears she might be laid off from work if she does not change. Using this case:
 - (i) Outline **any two** advantages of exploration stage of Egan's model to you in this therapy. (2 marks)
 - (ii) Describe:
 - (a) **Any two** psychoanalytic key concepts that can help you in examining your client's case. (2 marks)
 - (b) Any motivational need that you can identify in this case. (2 marks)
 - (iii) Discuss **any two** ways that a spiritual community can support her to deal with the sense of isolation. (4 marks)

SECTION B: ANSWER ANY TWO QUESTIONS (20 MARKS)

QUESTION TWO (10 MARKS)

- (a) Explain the importance of observing ethical guidelines in counselling. (2 marks)
- (b) Discuss any two goals of person centered model of counselling. (4 marks)
- (c) Justify any two characteristics of an effective counsellor. (4 marks)

QUESTION THREE (10 MARKS)

- (a) Differentiate the role of a counsellor and that of a client in a session.
(2 marks)
- (b) Describe **any two** characteristics of a self-actualized person. (2 marks)
- (c) Discuss what Pavlov meant by, "behavior can be learnt, unlearnt or relearnt."

(6 marks)

QUESTION FOUR (10 MARKS)

- (a) Explain the importance of listening skill to a counsellor in therapy. (2 marks)
- (b) Describe two ways the following factors may manifest in a client's behaviors:
 - (i) Death instincts. (2 marks)
 - (ii) Low self-esteem. (2 marks)
- (c) Discuss with two examples differences between aggression and assertiveness.

(4 marks)

QUESTION FIVE (10 MARKS)

- (a) Differentiate between transference and counter-transference. (2 marks)
- (b) Discuss the role of an individual's belief system in his or her problems as purported by Rational Emotive Behavior Therapy. (4 marks)
- (c) Describe any two advantages of the exception technique in Solution Focus Brief Therapy. (4 marks)

