



PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY
MAY-AUGUST 2019 SEMESTER

CAMPUS: VALLEY ROAD

DEPARTMENT: COUNSELLING PSYCHOLOGY

COURSE CODE: COU2332

COURSE TITLE: CLINICAL SUPERVISION I

EXAM DATE: TUESDAY 13th AUGUST 2019

DURATION: 2 HOURS

TIME: 5:30PM-7:30PM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your **STUDENT NUMBER** in the Answer Booklet given
- *Write clearly and legibly.*
- **This Exam Script has TWO (2) Sections.**
- **Section “A” is COMPULSORY.**
- **Answer any THREE questions in section “B”**
- *ALL PAC University’s examination rules and regulations apply*

SECTION A: (COMPULSORY) – 40mks

QUESTION 1 A

Explain the following terms as used in clinical supervision

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|------|---------------------------|------|
| i. | Assessment | 2mks |
| ii. | Problem conceptualization | 2mks |
| iii. | Problem saturated story | 2mks |
| iv. | Interventions | 2mks |

QUESTION 1 B

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|------|---|------|
| i. | Differentiate between Client-identified goals and third-party goals | 4mks |
| ii. | List down any THREE examples of third-party goals | 3mks |
| iii. | Highlight any three types of questions a counselor can ask a client in a collaborative establishment of goals during therapy. | 6mks |
| iv. | Outline any TWO responsibilities of a supervisee | 2mks |

QUESTION 1 C

Read the following case study and answer the questions that follow

Jennifer is a newly licensed counselor who works at a community mental health center with children who have severe behavioral problems. In her role, she has been assigned two counseling students to supervise. Having completed one theory-based course on clinical supervision in graduate school, Jennifer is nervous about her new role and finally putting her knowledge into practice. Her senior colleague, Victor, who has supervised hundreds of counseling students and will supervise her supervision, encourages Jennifer to relax and just let the supervision happen. He says that all she really needs to do is practice good listening skills and let the supervisee do the rest. According to Victor, if you are a good therapist, you will be a good supervisor.

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|-----|---|------|
| i. | What is problematic about Victor's approach? | 2mks |
| ii. | Discuss in two ways what counsel you would give Jennifer if you were her clinical supervisor? | 5mks |

QUESTION 1 D

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|-----|---|------|
| i. | List down any TWO questions that assessment should seek to answer | 6mks |
| ii. | Explain the two components of empathy | 4mks |

SECTION B: ANSWER ANY THREE QUESTIONS – 60mks

QUESTION 2

- a) Discuss any 4 basic protocols of giving feedback 8mks
- b) Highlight any FIVE activities in which CBT supervisors generally engage during supervision 5mks
- c) Explain three ways in which a counselor can guard himself against imposition of values on clients 6mks

QUESTION 3 A

Demonstrate the importance of the following principles of counseling

- i. Positive regard 3mks
- ii. Genuineness 3mks
- iii. Self-disclosure 3mks

QUESTION 3 B

- i. Summarize any TWO formats of writing client notes 4mks
- ii. Discuss what “respect for clients” entails in a counseling relationship 4mks
- iii. Highlight the purpose of treatment planning 3mks

QUESTION 4

- a) Explain the link between shame and empathy in counseling relationship 4mks
- b) Illustrate any FOUR essential elements of the supervisor–supervisee relationship 8mks
- c) Discuss any TWO roles of a supervisor in the helping profession 8mks

QUESTION 5

- a) Explain TWO ways in which a counselor can demonstrate assertiveness in a therapeutic relationship 4mks
- b) Discuss any TWO ways in which a supervisor can establish a healthy and productive relationship with supervisees 6mks
- c) Summarize any THREE importance of clinical supervision 6mks
- d) Highlight any FOUR characteristics of an effective supervisor 4mks