



PAN AFRICA CHRISTIAN UNIVERSITY
END OF TERM EXAMINATION (JAN-APRIL 2025)
CAMPUS: ONLINE
DEPARTMENT: COUNSELING PSYCHOLOGY
DEGREE: MASTER OF ARTS IN COUNSELLING PSYCHOLOGY
COURSE CODE: MCP 501
COURSE TITLE: FUNDAMENTALS OF COUNSELLING
DATE: APRIL 2025
TIME: 6.00pm -9.00 pm

INSTRUCTIONS

- **Read all questions carefully before attempting.**
- **Section A is Compulsory**
- **Answer any TWO questions in Section B**

SECTION A (Compulsory)

QUESTION ONE

Gregory was referred to counseling after the loss of his mother. He attended only one session. His response when asked why he left was that he didn't feel welcome and the counselor seemed not ready for him.

- a) Examine any three non-verbal skills that the counsellor above could have used in the initial stage of counselling. (6 marks)
- b) "Terminating a counselling relationship is as important as beginning counseling". Discuss any two factors to consider when terminating a counselling relationship. (4 marks)
- c) Angela was displaced from her original homeland by land clashes. She has been accommodated in a camp which has become her home for the last one year. She spends most of her time in the camp. She has talked to her friend who suggested that she takes a course in

counselling and later establish a counselling office to keep her busy. From an ethical point of view, examine in **three ways** Angela's motive for becoming a counsellor. (6 marks)

Agatta joined an institution of higher learning two years ago. In one of the semesters, she was unable to raise fees thus missed out on the units Theories of counseling and Ethical and Professional Issues in counseling. She wants to proceed for practicum. She has been denied and is very agitated. She has come to seek for counseling services from you.

- a) Explain in two ways how you would respond to Agatta. (4 marks)

SECTION B (Answer any two questions)

Question two

- a) An institution that's about to start counselling services has invited you to give professional advice on keeping clients records. Evaluate any three precautions that the institution needs to implement. (6 marks)
- b) Explain in two ways why it is dangerous to impose your values while counseling clients. (4 Marks)

Question Three

- a) Discuss **any three** ethical issues that a counselor needs to observe in counseling. (6 marks)
- b) Examine **any two** defense mechanisms that clients may use to deal with anxiety. (4 marks)

Question Four

"Relationship building is a core stage in a counselling relationship".

- a) In **two ways**, discuss this statement showing the importance of the stage. (6 marks)
- b) Explain any two skills you would use in (a) above stage of counselling, (4 marks)

QUESTION FIVE

- a) Examine in three ways the importance of cultural sensitivity in counselling. (6 marks)
- b) Evaluate in two ways the importance of using the skill of immediacy during a counselling session. (4 marks)