



PAN AFRICA CHRISTIAN UNIVERSITY

END OF TERM EXAMINATION (SEPT-DEC 2017)

CAMPUS: ROYSAMBU DAY

DEPARTMENT: COUNSELING PSYCHOLOGY

COURSE CODE: COU 3122

COURSE TITLE: CLINICAL SUPERVISION 11

DATE:

INSTRUCTIONS:

- Read all questions carefully before attempting.
 - Write your student number on the answer booklet provided.
 - Section A is Compulsory and carries thirty (30) marks.
- Answer any TWO questions in Section B. Each question carries fifteen (15) marks each.

SECTION A: This Question is Compulsory and Carries Thirty (30) Marks.

1. Mutinge as a client referred to you by his company due to conflict at work. The company has given him one more chance to deal with his alcohol related problem or lose his job. Mutinge is a married man with three young children.
 - a) Highlight procedural joining materials you would like to establish with Mutinge as you start therapy 4 marks
 - b) Describe four areas you would want to explore in Mutinge's life in order to understand his current issue of problems at work. 8 marks
 - c) Explain the components you would need to put together if you needed to present Mutinge's case in a supervision session. 10 marks.
 - d) Show the ethical dilemma you would likely face in this case and indicate how you would respond. 4 marks
 - e) As you deal with Mutinge, you discover bouts of anger towards him that surprise you. Then you remember that your life was made very difficult by an alcoholic father who rarely met both your physical and emotional needs. In addition, you become aware that your two brothers are following in your father's footsteps. Give your strategy of dealing with it both in session and out of session. 4 marks

SECTION B: Attempt any TWO (2) questions in this section. Each question carries 15 marks.

2. You have started a case with a new client. You are eager to come up with clear treatment goals.
 - a) Give three characteristics of a good title of the goal statement 3 marks
 - b) Provide at least four (4) purposes served by treatment goals. 4 marks
 - c) Mariko is very concerned that his wife has suddenly grown very uncooperative. He has sought your help in navigating his relationship back to health. Design one interview question to elicit a treatment goal for each of the following criteria:
 - i) Providing a rationale
 - ii) Eliciting an outcome 4 marks

d) Identify what would be wrong with the following goals by Mariko and give an interview question that would assist in streamlining the goal statement:

i) I would just want to have a good time with my wife again. 2 marks

ii) I don't want my wife to continue provoking me the way she does this days 2 marks

3. Conceptualization of a client's case is an important part of providing therapy.

a) Outline the five reasons why it is important to choose an orientation in the process of coming up with a case formulation. 5 marks

b) Explain the following integrative models of orientation in case formulations:

i) Technical eclecticism 2 marks

ii) Assimilative integration 2 marks

iii) Theoretical integration 2 marks

iv) Common factor integration 2 marks

c) Discuss the scenarios at the evaluation of the effectiveness of treatment. 3 marks

4. Solution-Focused Brief Therapy approach involves a variety of techniques used by therapists to clarify solutions and help client find ways of achieving these solutions.

a) Identify any four viewpoints of solution focused brief therapy 4 marks

b) Explain the following interventions therapists use in a counselling session in the light of the model.

i) Exception

ii) Scaling 4 marks

c) What follows is a section of a transcript from a single-session therapy with John:

“John, a 35-year-old ‘street drinker’ with a prison record and currently subject to a probation order requiring him to attend an alcohol rehabilitation Centre. The therapist will visit the Centre and will only see John once.”

- i) Discuss briefly what would be the intended goal of using the Solution-Focused Brief Therapy in the above study. 3 marks
- ii) Illustrate how the use of the miracle question is designed to bring out desired results as an intervention used to explore John's issues. 4 marks

5. Cognitive Behavioral Therapy is situated in the impact of core beliefs of the self and how they impact behavior.

- a) Explain the relationship between behavior and thinking. 3 marks
- b) Discuss the major therapeutic concept in Cognitive Behavioral Therapy. 6 marks
- c) Explain how counselors can use Cognitive Behavioral Therapy in their interventions.

6

marks