



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

END OF SEMESTER EXAMINATION FOR THE DEGREE OF

MASTER OF ARTS IN MARRIAGE & FAMILY THERAPY

BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY

JANUARY-APRIL 2019 SEMESTER

CAMPUS: VALLEY ROAD

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU2224 | MFT001

COURSE TITLE: COUNSELLING SKILLS & TECHNIQUES

EXAM DATE: WEDNESDAY 10th APRIL 2019

DURATION: 3 HOURS

TIME: 5:30PM-8:30PM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your **STUDENT NUMBER** in the Answer Booklet given
- **Answer question ONE and any other TWO questions**
- *Write clearly and legibly.*
- *ALL PAC University's examination rules and regulations apply*

QUESTION ONE: COMPULSORY

- a. Define the following terms as they are used in counseling
- i. Empathic Listening. (2 Mks)
 - ii. Blind Spots in clients (2 Mks)
 - iii. Reflection of meaning (2 Mks)
 - iv. Non-maleficence (2 Mks)
- b. Using examples, explain the meaning of the following terms
- i. Reflection of feelings (3mks)
 - ii. Collaborative Goal-Setting (3mks)
- c. i) Define the term **attending behavior** (2mks)
- ii) Indicate five behaviors the counselor is expected to exhibit while using the skill of attending (10 mks).
- d. Describe the 9 steps involved in relationship building between a counselor and a client (9 mks).
- e. i) Explain the value of self-disclosure in light of its benefits to clients (2 mks)
- ii) Illustrate any TWO ways in which counselors are likely to impede communication (3mks)

QUESTION TWO

- a) Discuss THREE principal goals of helping (12 mks).
- b) Analyze any THREE ways on how a counselor can contribute in making therapy give poor results (12mks)
- c) Explain relationship as a means to an end in counseling (6mks)

QUESTION THREE

- a. Analyze any FIVE principles that govern the use of feedback (10mks)
- b. Describe TWO importance of feedback in the exploration stage (10 mks).
- c. Using an example, explain TWO ways when the counselor can effectively use the skill of immediacy in the helping process (4 mks).
- d. Highlight any possible discrepancies, contradictions and mixed messages that a counselor can confront while helping (6mks).

QUESTION FOUR

- a. Discuss THREE circumstances under which therapy sessions can be terminated. (14 mks).
- b. Demonstrate any TWO importance of open-ended questions in counseling giving two examples of such questions (8 mks).
- c. Explain any TWO principles in the use of probes (8mks)

QUESTION FIVE

- a. Discuss any TWO ethical principles of counseling that can guide counselors while working with people of diverse cultures (10mks).
- b. Using examples, describe any TWO instances where using spirituality can impact positively on a client (10 mks).

c. Analyze any TWO situations in which a counselor can use the skill of confrontation (10mks)