



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: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU2224 | MFT001

COURSE TITLE: COUNSELLING SKILLS & TECHNIQUES

EXAM DATE: TUESDAY 9th APRIL 2019

DURATION: 3 HOURS

TIME: 9:00AM-12:00PM

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) Briefly describe the following terms:

- i) Counselling skill (3 mks)
- ii) Personality (3 mks)
- iii) Empathy (3 mks)
- iv) Genuineness (3 mks)
- v) Unconditional positive regard (3 mks)

(b) With examples explain the importance of the following counseling skills in therapy:

- i) Attending skill (3 mks)
- ii) Probing skill (3 mks)
- iii) Reflection of feeling skill (3 mks)
- iv) Observation skill (3 mks)
- v) Listening skill (3 mks)

(c) Daniella has consulted with you regarding her experiences with her mother. She explains that she is not able to make concrete decisions about her education and career. She complains that her mother is hard on her and she feels like giving up in life.

- i) Discuss the nature of effective listening skill that you would apply in while exploring with Daniella. (8 mks)
- ii) Describe the function of paraphrasing skill in this therapy. (4 mks)
- iii) Analyze importance of silence skill in therapy. (4 mks)
- iv) Indicate how summarization skill will benefit the client (4 mks)

QUESTION TWO

Janice has come for therapies in your counseling center. You have diagnosed a lot of fear when in the presence of many people. She is at the verge of leaving the University because of this fear. You had such an experience when you joined your first college at the age of nineteen years.

- i) Describe the importance flooding intervention with your client. (6 mks)
- ii)) Explore any three key themes of psychoanalysis that you would apply in therapy with Janice. (6 mks)
- iii) Discuss any three purposes of observation skill in your therapy. (6 mks)
- iv) Explain the terms of confidentiality to your client. (6 mks)
- v) Outline any two reasons for self disclosure in therapy. (6 mks)

QUESTION THREE

- i) Explain any three purposes of skill of immediacy in therapy. (6 mks)
- iii) Describe any three goals of person centered therapy. (6 mks)
- ii) State any six important things you would include in a contract with your client.(6 mks)
- iv) Identify three purposes for minimal prompt in counseling. (6 mks)
- v) Analyze the benefits of Egan's three stages of counseling. (6 mks)

QUESTION FOUR

- ii) An effective counsellor is said to be, “ highly challenging and highly supportive”. Justify this statement with examples. (6 mks)
- ii) Explain the difference between voluntary and involuntary clients. (6 mks)
- iii) Outline any six qualities of a good counsellor. (6 mks)
- iv) Analyze the importance of counseling theories in therapies. (6 mks)
- v) Explain any two purposes of terminating skill in sessions. (6 mks)

QUESTION FIVE

- i) Describe three areas a client can suffer conflicts as purported by Susan Gilmore. (6 mks)
- ii) Discuss the importance of observing ethics in counseling relationship. (6 mks)
- iii) Demonstrate how you would handle confidentiality with a minor client if you need support from his/her significant others in therapy. (6 mks)
- iv) Explain the importance of a client's session case note. (6 mks)
- v) Analyze the purpose for counsellor's journal. (6 mks)