



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

**END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY**

SEPTEMBER-DECEMBER 2021 SEMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU 3313

COURSE TITLE: SPIRITUAL RESOURCES IN COUNSELLING

EXAM DATE:

DURATION: 3 HOURS

TIME: 6.00PM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- **Answer question 1 and any other TWO questions**
- *ALL PAC University's examination rules and regulations apply*

Section A: Compulsory (20 marks)

Question 1

- a) Distinguish between religion and spirituality. (4 marks)
- b) Demonstrate in two ways spirituality is important to a counselling process. (4 marks)
- c) Describe any two barriers spirituality and religion bring to counselling process. (4 marks)
- d) Discuss any two issues that religious communities bring to a counselling process. (4 marks)
- e) Justify in any two ways spirituality influences a person's functioning. (4 marks)

Section B: Answer Any Two Questions (20 marks)

Question 2

- a) Differentiate between pastoral counselling and psychotherapy. (4 marks)
- b) Discuss any three benefits attributed to religion and spirituality in the management of mental health. (6 marks)

Question 3

- a) Critique two ways prayer and healing ceremonies produce positive mental and physical wellness. (4 marks)
- b) Describe any three reasons counselors feel inadequate to use spirituality in counselling. (6 marks)

Question 4

- a) Explain two ways a counselor's verbal and nonverbal messages on spirituality can result in mistrust during a therapeutic relationship. (4 marks)
- b) Discuss three areas pastoral counselling has been found effective. (6 marks)

Question 5

- a) Justify in two ways the significance of theories in pastoral counselling. (4 marks)
- b) Explore any three activities when applying spirituality as an intervention that can benefit a client. (6 marks)