



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

**END OF SEMESTER EXAMINATION FOR THE CERTIFICATE
OF ARTS IN COUNSELLING PSYCHOLOGY**

JANUARY- APRIL 2024 SEMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: CCOU0118

COURSE TITLE: ETHICS AND PROFESSIONAL ISSUES

EXAM DATE:

DURATION: 3 HOURS

TIME:

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*

PART A COMPULSORY. ANSWER ALL QUESTIONS (20 Marks).

QUESTION 1.

- a. Discuss **two** reasons why it's crucial for professionals to adhere to ethical standards in their respective fields. (4 marks)
- b. Analyze **two** specific self-care practices that therapists can implement to mitigate the risks of burnout and sustain their well-being while fulfilling their professional duties (4 marks)
- c. Explain **two** psychological components of stress. (4 marks)
- d. Outline **two** specific steps that counselors can take to enhance their cultural competence in order to recognize and address their own biases. (4 marks)
- e. Explain **two** situations where ethical principles may conflict with legal requirements for professionals. (4 marks)

SECTION B; ANSWER ANY TWO QUESTIONS (20Marks).

Question 2.

- a. Dr. Sarah Jones, a counselor, learns that her client, John, is planning to harm himself. Discuss **three** ethical considerations Dr. Jones should weigh in deciding whether to breach confidentiality. (6 marks)
- b. Discuss **two** elements of informed consent that are essential for ensuring clients have a thorough understanding of the therapeutic process. (4 marks)

QUESTION 3.

- a. Discuss **three** ethical responsibilities of counselors in promoting client self-determination and empowerment during each phase of counseling process. (6 marks)
- b. Explain **two** benefits of regular supervision for counselors in navigating ethical dilemmas and enhancing their effectiveness in the helping process. (4 marks)

QUESTION 4

- a. Imagine you are a counselor faced with a dilemma where a client expresses suicidal thoughts but insists on not involving their family or seeking medical help. Explain **three** ways on how you would apply the ethical principle of beneficence in this scenario? (6 Marks)
- b. Discuss **two** strategies on how psychologists can demonstrate cultural respect for diversity in their practice. (4 Marks)

QUESTION 5.

- a. Discuss the **three** biblical principles that support the importance of self-care for helpers. (6 marks)
- b. Explain **two** reasons for integrating Christian values into counseling practice. (4 marks)