



PAN AFRICA CHRISTIAN UNIVERSITY

**END OF SEMESTER EXAMINATION FOR MASTERS IN COUNSELING
PSYCHOLOGY**

MAY-AUGUST 2022

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: MCP 505

COURSE TITLE: COUNSELLING SKILLS AND TECHNIQUES

EXAM DATE:

TIME:

INSTRUCTIONS

- Read all questions carefully before attempting.
- Write your **student number** on the answer booklet provided.
- Answer **ALL** questions in **Section A** and **ANY** other **TWO** from **Section B**

SECTION A – Answer all Questions (20 marks)

QUESTION ONE

1. Read the case study below and answer the question given.

John's Saturated Story

John was raised by his grandmother. He grew up wondering why he did not have a father, like his age mates in school. He had asked the mother about his father's whereabouts but he got a beating instead. This affected him very much and he was always isolated, he did not make any meaningful relationships in school. When he was in class seven he lost his grandmother, though the mother would visit him from time to time, he truly did not connect to her because he has a distant relationship with her. He has mourned his grandmother to date and cherishes a 'Masai shuka' that his gran mother had given him. He said it is his only source of solace.

When he was in fourth four he was introduced to puffing cannabis by some of his classmates. He was a bright student who scored 401 marks in his KCPE but at the end of 4th form he got a C he was unable to proceed to college and the family gave up on him. He came to Nairobi and started life on the streets where he joined the Rastafarian movement and cannabis and reggae music became his lifestyle. The client has been arrested a number of times for offences of peddling cannabis to stealing. He has been released three times on presidential parole. He has decided to transform his live and this is why he came for therapy.

a)

- i. Assuming John is your client, outline four clinical goals that you may formulate with him. (4 marks).
- ii. Discuss two themes that you would conceptualize from the narrative. (4 marks)
- iii. Explain how you would apply any three concepts of narrative theory to assist John deal with three of the clinical goals you mentioned in (a) above. (6 marks)

- b)** Articulate three ways that a counselor can integrate Christian values into counselling process. (6 marks)

SECTION B: Answer any two (20 marks)

QUESTION TWO

- a) Explain any two reasons why counselors in training should attend personal therapy before counselling clients. (2 marks)
- b) Discuss any two reasons why students pursuing Masters in Counseling Psychology need to consider each of the following factors so as to offer professional counselling to their clients. (8 marks)

- i. The type of setting
- ii. Intake form
- iii. Informed consent
- iv. Building rapport

QUESTION THREE

Read the case study below and respond to questions given.

Mary has been scoring very low grades in Chemistry and she decides to seek help from a therapist. She has been scoring grade ‘D minus’ and is determined to score a grade ‘A’. Unfortunately, after every other exam her grades deteriorate. She feels frustrated and needs help.

- a) Describe one attending skill that you would apply in the above counseling process.(2 marks)
- b) Discuss two reasons why Mary has a problem in improving her Chemistry grades. (4 marks)
- c) Explain two reasons why some clients are resistant to goal setting process. (4 marks)

QUESTION FOUR

A. Read the following case study and answer the questions given.

Ruth was referred by the school deputy principal for counseling due to absenteeism from school and indiscipline. She has been missing school at least two days in a week and this has greatly affected her performance. When Mary came in for the first session, the counselor noted that her hair was unkempt, her tunic and white blouse were dirty, she smelt of alcohol and she seemed a bit confused. Mary told the counselor that she hardly sleeps at home because there is little or no food to feed her and her five siblings. She spends most of her time with friends that dropped out of school due to indiscipline. She was hesitant in revealing what activities they engage in when she fails to attend school. She also revealed to the counselor that her friends abuse alcohol and drugs but she does not. On further exploration, she confessed that she had started taking alcohol that her friends sell and wants to stop consuming it but she is afraid that her friends will get angry at her. She has never disclosed to any of her family members that she takes alcohol.

- i. Outline one counselling skill that the counselor may have used during further exploration. (1 mark)

- ii. List three benefits of this skill. (3 marks)
- B. Explain how you would apply three key concepts of Carl Rogers' Person Centred theory in the counselling process. (6 Marks)

QUESTION FIVE

- a) Discuss two reasons why clients become silent in therapy process. (4 marks)
- b) Analyze any three contemporary issues and explain how they may be detrimental to adolescents' wellbeing. (6 marks)