



PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS COUNSELLING PSYCHOLOGY
JANUARY-APRIL 2021

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU 2324

COURSE TITLE: ASSESSMENT & PROCESS IN COUNSELLING

EXAM DATE: 8TH APRIL 2021

TIME: 6PM – 9PM

INSTRUCTIONS

- The Exam has two sections – Section A and B.
- Section A has a compulsory question that carries **Twenty (20)** marks. Attempt all the sections.
- Section B has **four (4)** questions, each carrying **Ten (10)** marks. You are required to answer any **two (2)**.

ALL PAC University's examination rules and regulations apply

SECTION A: THE QUESTION IN THIS SECTION IS COMPULSORY AND CARRIES TWENTY (20) MARKS.

1. Discuss the value of the following in conceptualizing clients' issues
 - a) Observation of the client's behavior in therapy
 - b) History of client's symptoms
 - c) Childhood and family history
 - d) Medical history of the client

(5 marks each) 20 marks

SECTION B: ANSWER ANY TWO (2) QUESTIONS FROM THIS SECTION. EACH QUESTION CARRIES 10 MARKS.

2. Explain how the following recommended techniques are useful in facilitating successful joining with a new client in the therapeutic process:
 - a) Active listening skills
 - b) Small successes first
 - c) Match styles in communication and speed but pacing for progress
 - d) Therapist's competence
 - e) Self-disclosure

(2 marks each) 10 marks
3. Identification of treatment goals is a key component of good therapeutic practice.
 - a) Outline two key attributes a therapist must establish about the set goals to ensure that they will serve the therapeutic process well. 4 marks
 - b) Explain any three purposes of treatment goals 6 marks
4. During this course, your group worked on a therapeutic model to demonstrate how models are key to the therapeutic processes.
 - a) Defend the emphasis on the use of models for a successful treatment process.

4 marks
 - b) Choose one key treatment technique you studied in your model and Identify one kind of problem it is effective in dealing with. 2 marks
 - a) Analyze how it would effectively address the problem you have identified in (b) above. 4 marks
5. The act of termination is key in therapy provision.
 - a) Outline four elements of a good termination process 4 marks
 - b) Compare between three outcomes that may occur in well-terminated client in contrast to those with experience of poor termination. 6 marks