



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**

MAY-AUGUST 2019

CAMPUS: ROYSAMBU

DEPARTMENT: COUNSELLING PSYCHOLOGY

COURSE CODE: MFT001

COURSE TITLE: COUNSELING SKILLS & TECHNIQUES

EXAM DATE: MONDAY 12th AUGUST 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
- *Write clearly and legibly.*
- **Answer ALL Questions in Section A and any other THREE questions in section B**
- *ALL PAC University's examination rules and regulations apply*

SECTION A: COMPULSORY 40 mks

1. Explain the following counseling skills:

- a. Rephrasing. **4mks**
- b. Summarizing. **4mks**
- c. Differentiate between Transference and Countertransference. **6mks**
- d. Difference between Sympathy and Empathy. **6mks**

Read the following CASE STUDY and answer the questions that follow;

This case study concerns David who is aged 51 and is in need of help from the therapist.

Therapist: Good afternoon, I will be your therapist today. As you know from the appointment letter, we have a team here to help me to help you. How do you like to be called?

Client: David.

Therapists: What would you like to get out of being here today?

David: Well, it's about my daily worry. I have been struggling for years with this feeling, but since Dad died it has been terrible.

Therapist: Anxiety, is that how you see it, David?

David: Well, I suppose things have not been very good recently. Yeah, I suppose I am anxious.

Therapist: How does the anxiousness show itself?

David: Well, I suppose recently I have had a fair bit of time away from work.

Therapist: Away from work because of the anxiety?

David: Well, I feel that I can't cope with it because there are too many other things to cope with and it gets to a pitch where I feel overwhelmed and I just can't face it.

Therapist: Do you feel less overwhelmed when you are not at work?

- i. Describe two clinical issues that the client present **4mks**
- ii. Illuminate three counseling skills the therapists used to explore with the client **6mks**
- iii. From the above dialogue explain the alternative questions the therapists would have used

6mks

- b. Describe the skills of SOLER in Relationship building in counseling **4mks**

SECTION B: CHOOSE THREE QUESTIONS 60MKS

2. Explain two benefits of Reflecting Skills in the counseling process. **4mks**

b. Discuss the difference between open-ended question and closed ended question **4mks**

c. with an example for each explain the following counseling techniques

- i. Exceptions **4mks**
- ii. Externalizing **4mks**

- iii. Scaling **4mks**
- 3. a)** Explain two ways the counselor can move on when stuck **4mks**
- b. Highlight two importance of therapist's
- i. Usage of Empathic Understanding **4mks**
- ii. Assessment and Diagnosis **4mks**
- c. Describe the first four Phases/stages in the counseling process **(8mks)**

4. Case Study

Tome came for counselling feeling was dissatisfied in life and had uncertainties, doubts and confusion brought about by his imprisonment. He had explained about a number of his concerns including feelings of despair, distress and nervousness regarding his two sons whom she had left behind living with his elderly mother. During the initial stage, Tome largely blamed his elder brother who is fighting him due to inheritance issues.

As he continued talking the intensity of his problem situation affected the therapist and felt sorry and really pity on his experience. As a parent this greatly touched me. Tome requested me to help him find out where his children were and gave me the telephone contact of his wife. This request caught me unawares and I quickly realized it presented an ethical dilemma for me. I was overwhelmed by his issues relating to his health, his futility in life, his separation from his children and denunciation by his family members.

- i. Highlight three issues the client presents in for therapy. **4mks**
- ii. Identify two unethical issues that may come up during therapy **4mks**
- iii. Highlight what would be two of the clients intended goals **6mks**
- iv. Illustrate four skills the therapists would use to define the concerns the client brings in for therapy **8mks**
- 5.** Explain two practices that therapists should avoid during counseling **4mks**
- b.** Demonstrate two importance of assessment during the counseling process **4mks**
- c.** Identify four consents discussed during the contraction session **4mks**
- d.** Discuss the CORE Conditions in the counseling process **8mks**