



**PAN AFRICA CHRISTIAN UNIVERSITY  
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES  
BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY  
SEPTEMBER-DECEMBER 2019**

**CAMPUS: VALLEY ROAD**

**DEPARTMENT: PSYCHOLOGY**

**COURSE CODE: COU3122**

**COURSE TITLE: CLINICAL SUPERVISION II**

**EXAM DATE: THURSDAY 5<sup>TH</sup> DECEMBER 2019**

**TIME: 5:30pm – 7:30pm (2Hrs)**

**INSTRUCTIONS**

- Read all questions carefully before attempting.
- Write your **student number** on the answer booklet provided.
- Section **A** is **COMPULSORY**.
- Answer any **THREE** questions in Section **B**

**SECTION A: (COMPULSORY) – 30mks**

**Question 1 A**

Define the following terms

- |      |                    |      |
|------|--------------------|------|
| i.   | Empathy fatigue    | 2mks |
| ii.  | Spirituality       | 2mks |
| iii. | Rituals            | 2mks |
| iv.  | Automatic thoughts | 2mks |

**Question 1 B**

- |     |  |      |
|-----|--|------|
| i.  | Differentiate between Cognitive Therapy and Cognitive Behavioral Therapy | 4mks |
| ii. | Highlight any TWO antidotes of boredom in the helping profession         | 4mks |

**Question 1 C**

Read the following case study and answer the questions that follow

“I am so nervous!” Sadie is a single mom who has returned to graduate school to pursue her dream of becoming a counselor after raising her two children. She is excited to focus on her career though she has gained 30 pounds. Recently her doctor prescribed a blood pressure medication and warned her to manage her diet and add exercise as she is showing signs of Type 2 diabetes. “I’m just getting older,” Sandie states firmly. Sandie is both eager and worried about returning to college. “Can I keep up with the younger students?” “Can I learn all of the technology?” “How am I going to manage using a computer to write all of those papers?” At times Sandie feels light-headed and short of breath. She tends to go to bed late and get up early trying to get everything done. She rarely sits down to a balanced meal because she is always on the go.

- |      |  |      |
|------|--|------|
| i.   | Discuss how her self-care, or lack thereof, impact her and her desire to complete a graduate degree? | 6mks |
| ii.  | Demonstrate THREE ways in which you can use CBT to treat Sadie.                                      | 6mks |
| iii. | Assuming you are Sadie’s supervisor, what advice would you offer her?                                | 2mks |

**SECTION B: ANSWER ANY THREE QUESTIONS – 30mks**

**QUESTION 2**

- a. Highlight any TWO characteristics of responsible caring 2mks
- b. Summarize any FOUR ways in which thoughts maintain distortions 8mks

**QUESTION 3**

- c. Demonstrate your understanding of the following terms in relation to counseling and psychotherapy.
  - i. Positive regard 2mks
  - ii. Genuineness 2mks
  - iii. Empathy 2mks
  - iv. Safety 2mks
  - v. Problem saturated story 2mks

**QUESTION 4**

- a. Analyze any TWO types of clients 4mks
- b. Discuss any TWO factors that can be used by counselors to create bridges between Spirituality/Religion and Therapy 6mks

**QUESTION 5**

- a. Discuss any THREE cost of caring 6mks
- b. Explain the meaning of “honoring the client’s story” 2mks
- c. Demonstrate your understanding of “Knowing yourself” as a counselor 2mks

**QUESTION 6**

- a. Discuss the THREE features of counselor’s unique indivisible self 6mks
- b. Highlight any TWO strategies through which a counselor can promote self-care and holistic wellness 4mks