



PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE BACHELOR OF ARTS
IN COUNSELLING PSYCHOLOGY
SEPT- DECEMBER 2024 SEMESTER
COURSE CODE: COU2224
COURSE TITLE: COUNSELLING SKILLS AND TECHNIQUES
EXAM DATE: XXXXX
DURATION: 3 HOURS
TIME: 5.30 P.M

INSTRUCTIONS:

- Read the instructions and questions carefully before you write the answers.
- This Exam has TWO SECTIONS.
- **SECTION A** is Compulsory.
- Answer any **TWO** questions in **SECTION B**

SECTION A : COMPULSORY (20 MARKS)

QUESTION ONE

a) With examples explain the importance of the following counseling skills in therapy.

- i) Empathy (2 Marks)
- ii) Paraphrasing (2 Marks)
- iii) Immediacy (2 Marks)

- b) Illustrate one situation when a counselor can confront a client. (2 Marks)
- c) Explain **any two** techniques that you can use in a rapport building during a therapy session. (4 Marks)
- d) Demonstrate **any two** instances where using spirituality can impact positively on a client (4 Marks)
- e) Explain with **any two** examples the importance of Attending Skills in counseling (4 Marks)

SECTION B : ANSWER ANY TWO (2) QUESTIONS

QUESTION TWO

- a) Using **any two** examples, illustrate ways in which attentive listening enhances the counselor-client relationship (4 Marks).
- b) Highlight **any three** skills that are effective in stage one of the counseling process (6Marks).

QUESTION THREE

Case study

Martha who is 59 years old came to you for counseling regarding several losses she has experienced. She has suffered three devastating losses within 6 months. One of her four sons, who lived in a different city, died suddenly of a stroke. He was only 32. Shortly after, she lost her job in a downsizing move stemming from the merger of her employer with another company. Finally, her husband, who had been ill for about 2 years, died of cancer. Two of her other three sons were married with families of their own. Martha tells you she has given up living.

- a) Describe the function of paraphrasing skill in this therapy. (2 Marks)
- b) Indicate how empathy skill will benefit Martha (2 Marks)
- c) Explain how it might help the client for you to use self disclosure during the session (2 Marks)
- d) Discuss how you would handle Martha's statement regarding "giving up in life." (4

Marks)

QUESTION FOUR

- a) Differentiate between open-ended and closed-ended questions in counseling (2 Marks).
- b) Explain **any two** benefits of structuring in counseling (2 Marks)
- c) Discuss **any two** stages of the counseling process (6 Marks)

QUESTION FIVE

- a) Illustrate any two aims of initial stage of a therapeutic session (4 Marks).
- b) Discuss SOLER as an attending behavior in non-verbal communication. (6 Marks).