



**PAN AFRICA CHRISTIAN UNIVERSITY**  
**SCHOOL OF HUMANITIES AND SOCIAL SCIENCES**  
**END OF SEMESTER EXAMINATION FOR THE DEGREE OF**  
**BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY**

**JANUARY-APRIL 2019 SEMESTER**

**CAMPUS: ROYSAMBU**

**DEPARTMENT: PSYCHOLOGY**

**COURSE CODE: COU2324**

**COURSE TITLE: ASSESSMENT AND PROCESS IN COUNSELLING**

**EXAM DATE: FRIDAY 12<sup>th</sup> APRIL 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
- **Answer question ONE and any other TWO questions**
- *Write clearly and legibly.*
- *ALL PAC University's examination rules and regulations apply*

## QUESTION ONE: COMPULSORY

- (a) Briefly explain the importance of the following terms in counseling:
- i) Assessment **(2 mks)**
  - ii) Diagnosis **(2 mks)**
  - iii) Conceptualization **(2 mks)**
  - iv) Contract **(2 mks)**
  - v) Confidentiality **(2 mks)**
- (b) Differentiate the following:
- i) Session notes and treatment plan. **(2 mks)**
  - ii) Moral principles and ethical principles. **(2 mks)**
  - iii) Case summarization and case termination. **(2 mks)**
  - iv) Theory based treatment and system based treatment plan **(2 mks)**
  - v) Client's journal and counsellor's journal. **(2 mks)**
- (c) Wayua is a thirteen year old girl in form one at Deep Forest High School. She has been referred for counseling at your counseling center by the Principal who complains that Wayua is hostile, easily angered and not settled at the school. Diagnosis indicates that Wayua is suffering anxious attachment. You have discussed the need to break confidentiality to the Principal to be able to get a female teacher who would help Wayua develop a positive working model at the school environment. You have scheduled follow-up treatments during the April school holiday.
- i) Explain to the Principal how children develop negative working model through interaction with their primary care givers. **(3mks)**
  - ii) Outline one major emotion and a behaviour that Wayua could be manifesting. **(2 mks)**
  - iii) Draft a brief Treatment plan for Wayua's case using attachment theory. **(5 mks)**
- (d) Deeper analysis in subsequent sessions of the case in (c) indicate behavioural issues.
- i) Using Pavlov's view of behavioural learning describe how Wayua's behaviour could have developed. **(3 mks)**
  - ii) Being a person centered therapist, explain your view on Wayua's problems. **(4 mks)**
  - iii) Sketch Wayua's session note using two key concepts of psychoanalysis. **(3 mks)**

## QUESTION TWO

Jabezi, a thirty year old man has visited your counseling center for help. He has been laid off from his employment because he is not able to interact properly with other employees. After deeper exploration this is the fourth time that your client has experienced the laying off from work. It also comes out that your client is has been described as a bully in his several working place. He thinks the others are biased and jealous of him.

- i) Using Cognitive behavioural therapy, explain the probable causes of your client's problems. **(6 mks)**
- ii) Further analysis indicates that your client is manifesting disorganized attachment at his work place. Analyze how disorganized attachment relates with adult role confusion. **(6 mks)**
- iii) In a supervision you gained an insight of probable conditioning in your client's life. Explain any two concepts of behaviour learning that you would explore with your client in the next session.**(8 mks)**
- iv) Outline any two behaviours and emotions that you are likely to diagnose using attachment model. **4 mks)**
- v) Analyze the nature of exploration stage as indicated by Gerald Egan. **(6 mks)**

## QUESTION THREE

Jedida is an 8 year old boy. He has been brought to your counseling centre for help. Exploration indicates that your client is suffering from behavioural issues.

- i) Outline any six important information that you would include in your admission and contract form for your client. **(6 mks)**
- ii) Justify three reasons for a supportive primary caregiver in the therapy. **(6 mks)**
- iii) Discuss the dilemma of confidentiality clause with your client. **(8 mks)**
- iv) Explain the purpose of using Play Therapy with your client. **(4 mks)**
- v) Analyze importance of understanding stage of counseling with your client. **(6 mks)**

#### QUESTION FOUR

Jacob a 32 year old man has come to your counseling center to consult about a new behaviour that he purports started manifesting recently. He explains that his wife threatens to leave the marriage because of his inability to make concrete life decisions about the family. He feels angry towards his “unappreciating wife” and he does not think that life has anything good to offer. He has resulted to an attitude of not caring what happens to his life or that one of his wife and children. He has turned to uncontrolled alcohol intake. He justifies that his actions are alright and just like his late father, his destiny is unknown. Deeper exploration indicates that that your client used to feel and act the same when he was 14 years of age when he lived with his parents. Use psychoanalytic view by Freud to:

- i) Explain the nature of Jacob’s three factors of psyche interaction in his manifesting personality at the moment. **(6 mks)**
- ii). Explain Jacob’s nature of of instincts at the moment. **(6 mks)**
- iii) Explain any three defence mechanisms that your client is using. **(6 mks)**
- iv) Demonstrate three psychoanalytic themes that you would consider when treating your client. **(6 mks)**
- v) Explain the importance of action stage of counseling with your client. **(6 mks)**

#### QUESTION FIVE

Jamal has consulted with you to help address his relational issues with self and others at his working place. He states that in his five years of working, he views work as demoralizing and that his colleagues are of no help because they do not understand him at all. Deeper exploration indicates that Jamal does not trust his ability to good work on time and that even his own siblings do not see him as a performer.

- i) Explain the importance of Rogerian core conditions in setting a therapeutic atmosphere for your client. **(6 mks)**
- ii) While working with your client, you realize that you have many experiences in common. Discuss the importance of exploring your signature theme that has been activated after the session. **(6 mks)**
- iii) Explain the importance of self-disclosure in this therapy session. **(6 mks)**

- iv) Competent counselors will high challenge and highly support their clients towards growth. Justify this statement with examples. **(6 mks)**
- v) Discuss the importance of this course to a counseling student. **(6 mks)**