



PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR BACHELORS ARTS
IN COUNSELLING PSYCHOLOGY
MAY- AUGUST 2026

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU 2234

COURSE TITLE: COUNSELING SKILLS & TECHNIQUES

EXAM DATE:

TIME:

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your STUDENT NUMBER in the Answer Booklet given
- SECTION A is Compulsory.
- Answer **TWO** questions in **SECTION B**

Write clearly and legibly

SECTION A: This Question is Compulsory and Carries Twenty (20) Marks.

Question 1

- a) Distinguish between counseling skills and counseling techniques. (4 marks)
- b) Highlight ANY four reasons a beginning therapist needs to attend to personal therapy. (4 marks)
- c) Explain ANY three instances a counselor could refer a client. (6 marks)
- d) Mention ANY three major roles of observing ethics in a therapeutic relationship. (6 marks)

SECTION B: Attempt any TWO (2) questions in this section.

Each question carries 10 marks

Question 2

Describe the role of the following skills to the quality of the therapeutic process:

- a) Reflections. (2 marks)
- b) Challenging. (2 marks)
- c) Focusing. (2 marks)
- d) Summarizing. (2 marks)
- e) Self-disclosure. (2 marks)

Question 3

Explain:

- a) Any two roles of theoretical models in the counselling process. (4 marks).
- b) Any three roles of goals in guiding credible counselling process. (6 marks)

Question 4

Describe elements that aids the following stages in therapy:

- a) Joining (4 marks)
- b) Conceptualization (6 marks)

Question 5

- a) Explain the role of the therapist in establishing a therapeutic alliance. (2 marks)
- b) Discuss four techniques incorporated by therapists to maintain attentive listening in a therapy session. (8 marks)

