



PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF
ARTS COUNSELLING PSYCHOLOGY
JAN-APR 2022

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU2332

COURSE TITLE: CLINICAL SUPERVISION I

DATE: 4TH APRIL 2022

TIME: 6.00-9.00pm

INSTRUCTIONS

- Read the questions carefully before attempting.
- This Exam accounts for thirty (30) per cent of your total grading.
- The Exam has two sections – Section A and B.
- Section A has a compulsory question that carries **Twenty (20)** marks. Attempt all the sections.
- Section B has **four (4)** questions, each carrying **Ten (10)** marks. You are required to answer any **two (2)**.
- Only the first **two** questions from section B attempted on the exam platform will be marked. If you do not wish that to happen, delete any answers you do not wish marked.
- The final score will be worked out of 30%

ALL PAC University's examination rules and regulations apply

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

1. In light of the structured nature of counselling:
 - a) Explain how lack of discipline in record keeping may contribute to burnout in a therapist in practicum 2 marks
 - b) Discuss the importance of the following:
 - i) Keeping clear clients notes 2 marks
 - ii) Weekly research on encountered client issues 2 marks
 - c) Describe three ingredients that are useful in building rapport with a new client at the beginning of therapy process. 6 marks
 - d) Analyze how you would undertake the following professionally to achieve successful therapy with a client
 - i) Good exploration of childhood issues 4 marks
 - ii) Proper setting of goals for therapy 4 marks

SECTION B: Attempt any TWO (2) questions. Each question carries Ten (10) Marks.

2. Understanding clients' behavior plays a big role in planning successful interventions.
 - a) Outline circumstances that could be involved in creating the following types of clients:
 - i) Reluctant clients 2 marks
 - ii) Resistant clients 2 marks
 - iii) Unresponsive clients 2 marks
 - b) Analyze two measures you would put in place to respond to an unethical client. 4 marks
3. Therapists need to aim at promoting growth in their clients. Often clients are vulnerable to their therapists because they come from experiences that have led to brokenness.
 - a) Explain the characteristics of a dependent client. 2 marks
 - b) Show two ethical needs of a therapist that can create a dependent client. 4 marks
 - c) Apply an ethical strategy that can enable dependent clients to gain capacity for independence in the execution of their own life. 4 marks
4. Self-awareness is necessary for successful and ethical practice. Outline in at least two paragraph, how each of the following played a role in enhancing your self-awareness during your Practicum I delivery
 - a) Debriefing with colleagues 2 marks
 - b) Supervision 2 marks
 - c) Countertransference in therapy 2 marks
 - d) Personal therapy 2 marks
 - e) Sitting with clients during sessions 2 marks

5. As a student engaged in supervision throughout the term:
- a) Describe a healthy attitude of a supervisee in supervision. 2 marks
 - b) Explain the role of the supervisor in the supervision relationship. 2 marks
 - c) Outline three important components of a case presentation that would contribute to the growth of the therapist in supervision. 6 Marks