



PAN AFRICA CHRISTIAN UNIVERSITY

END OF SEMESTER EXAMINATION

MASTERS IN COUNSELING PSYCHOLOGY

JANUARY-APRIL 2024

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: MCP 504

COURSE TITLE: THEORIES OF COUNSELING AND PSYCHOTHERAPY

EXAM DATE:

TIME:

INSTRUCTIONS

- Read all questions carefully before attempting.
- Write your **student number** on the answer booklet provided.
- Answer **ALL** questions in **Section A** and **ANY** other **TWO** from **Section B**

SECTION A – Answer all Questions (20 marks)

QUESTION ONE

- a. Describe **two** reasons, a student counselor should study counseling theories.
(2 marks)
- b. Explain **two** ways that a counselor can integrate Christian values in counseling.
(4marks)
- c. **Read the case study below and respond to the questions given.**

John was raised by his grandmother, and throughout his childhood, he pondered the absence of a father figure, unlike his peers at school. Despite seeking information about his father's whereabouts from his mother, he received a beating instead of answers. In seventh grade, he faced another significant loss when his grandmother passed away. Although his mother sporadically visited, their relationship remained distant as she had not actively raised him. In 2022, he mourned the death of his grandmother and holds onto a "Maasai shuka" she had given him, considering it his sole source of solace.

During his time in the fourth form, he encountered cannabis introduced by classmates. Despite being a bright student with a remarkable 401 marks in his KCPE, his academic performance declined, culminating in a C grade. The family, disheartened, abandoned hope for his college education. Subsequently, John found himself in Nairobi, leading a life on the streets. He embraced the Rastafarian movement, adopting cannabis and reggae music as integral components of his lifestyle. His path took a darker turn, involving multiple arrests for offenses ranging from drug peddling to theft. Remarkably, he was released three times on presidential parole. Now, John has resolved to transform his life, seeking therapy as a crucial step in his journey towards rehabilitation.

- i). Outline **four** clinical goals that you may formulate with John. (4 marks)
- ii). Illustrate **two** themes that you would conceptualize from the narrative. (4 marks)
- iii). Analyze how you would apply any **three** concepts of narrative theory to assist John deal with **three** of the clinical goals you mentioned in (a) above. (6 marks)

SECTION B- Answer any two questions.

QUESTION TWO

Read the case study below and respond to the questions given.

In December of last year, Monica experienced the heartbreaking loss of her six-month-old second-born daughter under peculiar circumstances. Despite the child appearing healthy with no evident signs of illness, tragedy struck while Monica was at work. Having ensured her child was well-fed and in good health before leaving, Monica received a distressing call from the house help around 11:00 am, notifying her that the baby was unwell. Frantically, Monica and her husband rushed home with the intention of taking the baby to the hospital, only to arrive too late as the child had already passed away.

Monica grapples with a profound sense of bitterness and guilt. She reveals that she had ceased breastfeeding her child, who was now dependent on formula milk. Subsequent postmortem results confirmed pneumonia as the cause of death. Monica later discovered that the house help, entrusted with caring for the baby, had been feeding her with cold milk, contributing to the onset of pneumonia. Tormented by self-blame for the perceived negligence, Monica laments that a little more caution could have spared her child's life. The aftermath has strained communication with her husband, causing tension and discord in their home.

Monica's grief has led to a reluctance to engage with her daily routine. She occasionally refrains from going to work, questioning the purpose of it all after the loss of her child. Fearing for her other baby's safety, she remains at home, battling insomnia and undergoing treatment for acute ulcers. Monica has withdrawn emotionally, refusing to discuss her son's death. Concerned for her well-being, her husband has encouraged her to seek counseling in pursuit of professional help.

- i. Illustrate **one** characteristic that Monica has. (2 marks)
- ii. Analyze **three** therapeutic techniques of Rational Emotive Behavioral theory that you can apply to assist Monica deal with loss and grief of her child. (6 marks)

QUESTION THREE

Read the case study below and respond to questions given.

Eleven-year-old Connie faced a significant upheaval when her parents separated, prompting her and her sister to move in with their grandmother. Adding to the complexities of her situation, Connie's mother gave birth two years ago to a baby girl whose father is a white man, a fact that has left Connie feeling disoriented. Persistently, she questions her grandmother about why her youngest sister has a different skin color.

Complicating matters further, Connie is troubled by her father's excessive alcohol consumption, hindering meaningful conversations with him. This situation has left her feeling confused and disinterested in continuing her education. Connie expresses difficulty with schoolwork, avoiding exams altogether. Additionally, she refuses to eat, fearing ridicule from friends who enjoy making fun of others. Concerned about Connie's mental and physical well-being, her grandmother is particularly troubled by her persistent refusal to eat, which has led to a drastic decline in her academic performance. Despite the looming national exam at the end of the year, Connie appears unconcerned. Recognizing the urgency of the situation, her grandmother has sought counseling for Connie in an effort to address these mounting challenges.

- i. Describe **one** character trait of Connie's grandmother. (2 marks)
- ii. Illustrate **two** problematic issues that Connie is experiencing. (2 marks)
- iii. Evaluate how you would apply **three** therapeutic techniques of Reality Theory to assist Connie deal with her personal problems. (6 marks)

QUESTION FOUR

Read the case study below and respond to the questions given.

Joy and her husband Joseph sought counseling services to address parenting problems within their family. The couple has three children: Eve, Joyce, and Ian, aged 16, 13, and 5 years, respectively. The crux of the issue lies in Joseph accusing Joy of excessively pampering Ian, leading to regression in his behavior. Ian's reluctance to sleep in his own room and insistence on staying in the parents' bedroom further fuels tensions. When Joseph attempts to intervene, Joy sides with Ian, escalating conflicts within the family.

Compounding the situation, Ian habitually interrupts any conversation his parents engage in, rendering their dialogues meaningless. The girls, Eve and Joyce, harbor resentment towards their younger brother, feeling that he receives undue attention from their mother. They align with their father's viewpoint that Ian needs to mature. The strain in the family dynamic is evident when Joseph, fatigued by the ongoing conflicts, occasionally retreats to the guest

room for a peaceful sleep. Joy, on the other hand, feels isolated and complains to Joseph that he and the girls have formed an alliance against her.

During a therapy session, the family's physical dynamics reflect the underlying tensions. Ian stands close to his mother, holding her hand, while Joseph and the girls sit together on one couch. However, Ian's restlessness becomes apparent as he repeatedly runs across the room, disrupting the counseling session. The complex family dynamics and communication breakdown form the backdrop against which the counseling intervention aims to bring about resolution and understanding.

- a. Discuss how you would apply **two** concepts of Structural theory to explain the dysfunctionality of the family. (4 marks)
- b. Analyze **three** therapeutic techniques of structural theory that you would apply to deal with the problems in Joseph's family. (6marks)

QUESTION FIVE.

Read the case study below and respond to the questions given

Charles expresses feelings of hopelessness, believing that at the age of 26, he has not made any progress in his life. Despite achieving a second-class honors degree, he expected to secure a job quickly. However, his numerous job applications have yielded no results, leading him to give up. He has not submitted any applications since March. Charles also feels guilty about his parents helping him with rent, as he believes they have already done their part by educating him. He plans to communicate to them that they should only pay for his rent for the remaining months of the year, though he lacks a clear plan on how to manage this moving forward.

Additionally, Charles shares that he ended a two-year relationship at the beginning of the year after discovering his girlfriend's involvement with someone else. He noticed her growing distant in communication but did not object when she suggested ending the relationship. Charles admits to feeling lonely and contemplates starting a new relationship, though he is wary of the challenges of rebuilding trust after betrayal. Lastly, he wonders if changing his environment might help him cope better with the negative aspects of his life.

- i. Describe **two** problems that Charles is encountering. (2 marks)
- ii. Analyze **four** therapeutic techniques of Solution Focused theory that you would apply to assist Charles deal with his problematic issues. (8 marks)

