



**PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE DEGREE OF MASTERS OF ARTS
IN COUNSELLING PSYCHOLOGY
JANUARY-APRIL 2025**

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: MCA 602/MCP 602

COURSE TITLE: TREATMENT AND EXPRESSIVE THERAPIES

EXAM DATE:

TIME:

INSTRUCTIONS

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

SECTION A – Answer all Questions (20 marks)

QUESTION ONE

- a) Using a relevant example describe the term expressive therapies. (2 marks)
- b) Articulate any two incidences when expressive therapy was used as an intervention in the Bible. (4 marks)
- c) Analyze any two categories of clients that would benefit most from expressive therapy. (4 marks)
- d) Examine any two settings where expressive therapies can be used. (4 marks)
- e) Discuss any three reasons why you would opt for expressive therapies as an intervention in your work with clients. (6 marks)

SECTION B: Answer Any Two Questions (20 Marks)

QUESTION TWO

Jane, a 10-year-old client has been referred to you for therapy. Her mother describes her as a lone girl with few friends.

- a) Demonstrate how you would use any two art therapy techniques to understand Jane's relationships with her family. (4 marks)
- b) Discuss how you would help Jane tell her story through collaging. (6 marks)

QUESTION THREE

Ian, an 8-year-old boy has been referred to you for therapy. His class teacher describes him as a troubled child.

- a) Describe two ways you would use the ball Play technique to build rapport with Ian. (4 marks)
- b) Articulate any three reasons why you would use block building play with Ian. (6 marks)

QUESTION FOUR

Malik, a 45-year-old man, is undergoing treatment for depression. He reports struggling with alcohol for a while. He is not keen on therapy but is open to trying the creative approaches to improve his mood and deal with his drinking problem.

- a) Describe how you would use any two categories of Bibliotherapy to help Malik with his issues. (4 marks)
- b) Discuss any three benefits of this intervention. (6 marks)

QUESTION FIVE

You have been working with 10-year-old Terry for a while now. During your last session you learnt that her family is relocating. You want to introduce filial therapy to the mother so they can continue with sessions at home.

- a) Analyze any two limitations that this family might encounter in actualizing play therapy at home. (4 marks)
- b) Articulate how you will use the three-stage process to prepare Terry and her mother for filial therapy. (6 marks)