



PAN AFRICA CHRISTIAN UNIVERSITY

END OF TERM EXAMINATION (SEPT-DEC 2024)

CAMPUS: ONLINE

DEPARTMENT: COUNSELING PSYCHOLOGY

DEGREE: MASTER OF ARTS IN COUNSELLING PSYCHOLOGY

COURSE CODE: MCP 501

COURSE TITLE: FUNDAMENYTALS OF COUNSELLING

DATE: 5th DEC 2024

TIME: 6.00pm -9.00 pm

INSTRUCTIONS

- **Read all questions carefully before attempting.**
- **Section A is Compulsory**
- **Answer any TWO questions in Section B**

SECTION A (Compulsory)

QUESTION ONE

- a) An institution that's about to start counselling services has invited you to give professional advice on keeping clients records. Explain **any two** recommendations that the institution needs to take. (4 marks)
- b) Kwamboka has just lost husband, She spends most of her time in the house. She has talked to her friend who suggested that she takes a course in counselling and later establish a counselling office to keep her busy. From an ethical point of view, examine in **three ways** Kwamboka's motive for becoming a counsellor. (6 marks)
- c) You have been hired by an organization to lead in counselor recruitment process. Critically examine **any three** factors that you would look for in helping the organization recruit an effective counselor. (6 marks)
- d) 'Terminating a counselling relationship is as important as beginning counseling.' Discuss this statement in relation to the two stages of the counseling relationship. (4 marks)

SECTION B (Answer any two questions)

Question two

- a) Describe **any three** special features of a counselling relationship. (6 marks)
- b) Using two examples, illustrate in **two ways** the usefulness of nonverbal skills in counseling. (4 marks)

QUESTION THREE

- a) Citing relevant examples, explain in **three ways** why theories are important in counseling. (6 marks)
- b) Examine **any two** defense mechanisms that clients may use to deal with anxiety. (4 marks)

QUESTION FOUR

- a) Discuss in **two ways** the importance of ethical and professional guidelines in counseling (4marks)
- b) Demonstrate **any three** competences that counselors need to have while counseling special populations, youth, and various gender. (6 marks)

QUESTION FIVE

Jane procured an abortion when she was 18 years and in form four. She passed and proceeded to an institution of higher learning. She has been haunted by guilt for the last ten years and has come to you for counseling.

- a) Discuss in **two ways** how you would help her deal with the guilt from a Person Centred perspective.
(6 marks)

- b Using relevant examples differentiate the ID from the EGO (4 marks)