PAN AFRICA CHRISTIAN UNIVERSITY

END OF SEMESTER EXAMINATION FOR MASTERS IN COUNSELLING PSYCHOLOGY

JANUARY-APRIL 2022

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: MCP 603

COURSE TITLE: GROUP COUNSELING

EXAM DATE: /12/4/2022

TIME: 6pm-9pm

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) Outline two differences between a homogenous and heterogeneous group. (2 marks)

b) Explain two ways in which a group leader can integrate Christian values in group counselling. (4 marks)

c) You are employed as a counselor in the adolescent ward of a County Mental hospital. One of your duties is to lead a group for the young people who are required to attend the sessions. You sense resistance on the part of the members. Explain two ways in which you would deal with the resistance. (4 marks)

d) You are a group leader and it comes to your attention that certain members have been gossiping about matters that came up in a high school student group that you are leading with non-group members. Evaluate two ways in which you can deal with the those who have violated group rules. (4 marks)

e) Discuss how a group counselor can apply three key concepts of Carl Rogers Person Centred Theory in group counselling. (6 marks)

SECTION B: Answer any two (20 marks)

QUESTION TWO

The following is a conflict that might surface during the first group session

Leader: What are you aware of in this room?

Emily (to Mary, in an agitated voice): I know I am not going to like you. I think you are critical and judgmental!

Mary: That's your problem I don't like you either.

The group falls silent and the tension in the room is obvious to everyone.

a) Explain two ways in which the group leader can intervene to address this conflict. (4 marks)

b) Discuss how a group counsellor can use the following group counselling skills in facilitating a group. Give two illustrations for each (6 marks)

i. Modelling

ii. Blocking

iii. Supporting

QUESTION THREE

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a) Discuss two challenges that group counselors may experience when terminating a group. (4 marks)

Read the following and answer question (b)

Anthony was left paralyzed as a result of a motorcycle accident, and he spent most of his energy thinking about all that he could no longer do. With the encouragement of his physician, Anthony joined a rehabilitation group for ten weeks where he met several members who had at one point felt as he was feeling. By the time the group was terminated Anthony had discovered more effective ways of living his life.

b) Explain three ways in which group counselling may have enhanced Anthony's new perspective on life. (6 marks).

QUESTION FOUR

You are facilitating a group and a member says, "I am not the talkative type. It is hard for me to formulate my thoughts and I'm afraid I don't express myself well. So I usually don't say anything in the group. But I listen to what others are saying and I learn by observing. I really don't think that I have to be talking all the time to get something out of these sessions."

a) Discuss two ways in which this member's sentiments can hinder the group process. (4 marks)

b) Discuss three ways that the group counselor can apply in dealing with anxiety in the initial session of group counseling. (6 marks)

QUESTION FIVE

Peter would almost predictably, bring the group up to date each week on developments of his marriage. He focused on details of his wife's behavior during the week, but he rarely described his own feelings or behavior. Peter was the spouse that was in the group but not his wife.

a) Explain two aspects that a group counselor can point out to help Peter deal with his own behavior. (4 marks)

b) Discuss the following Gestalt principles in relation to group counselling. (6 marks)

i. Figure formation process

ii. Unfinished business

iii. Organismic process