



**PAN AFRICA CHRISTIAN UNIVERSITY**  
**SCHOOL OF HUMANITIES AND SOCIAL SCIENCES**  
**END OF SEMESTER EXAMINATION FOR THE DEGREE OF**  
**BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY**  
**JANUARY-APRIL 2019 SEMESTER**

**CAMPUS: ROYSAMBU**

**DEPARTMENT: PSYCHOLOGY**

**COURSE CODE: COU2332**

**COURSE TITLE: CLINICAL SUPERVISION I**

**EXAM DATE: TUESDAY 9<sup>th</sup> APRIL 2019**

**DURATION: 3 HOURS**

**TIME: 2:00PM-5:00PM**

**INSTRUCTIONS**

- Read the instructions and questions carefully before you write the answers.
- Write your **STUDENT NUMBER** in the Answer Booklet given
- *Write clearly and legibly.*
- This Exam Script has **TWO** (2) Sections.
- Section “A” is **COMPULSORY**.
- Answer any **TWO** questions in section “B”
- *ALL PAC University’s examination rules and regulations apply*

**SECTION A: ANSWER ALL THE QUESTIONS (COMPULSORY) 40Marks**

**QUESTION ONE:**

- a. Explain the relationship between behavior and thinking in Cognitive behavioral Therapy (4mks)
- b. Illustrate three main aspect to include in the clients notes (6mks)
- c. Illustrate with examples four psychological symptoms of depression among the teens (8mks)
- d. Outline four main characteristics of a reluctant client (8mks)
- e. **Read the following CASE STUDY and answer the questions that follows**

Herman is a 23 year old client who is serving a two year jail term. He appears untidy with unkempt hair. He looks down throughout the session. He explains to you that his father was an alcoholic and never took care of him and his two younger siblings. After the death of his mother life become very hard. His father remarried but never stopped alcoholism. The step-mother was very harsh to them since the father was never there for them. Herman does not know how to handle the situation and is no longer interested in life. This reminded you as a therapist of your childhood.

- i. Explain two Ethical dilemma the therapist would find themselves in. (4mks)
- ii. Describe three areas you would want to explore in Herman's life in order to understand his current life. (6mks)
- iii. Explain five key components you would need to include to present the case for supervision (10mks)
- iv. Reflect on the second session of your meeting with Herman. (10mks)

**SECTION B Choose any TWO Questions and answer carefully (60marks)**

**QUESTION TWO**

- a. Outline two reasons why it's important to choose Theoretical orientation in the process of coming up with case formulation. (4mks)
- b. Explain three Factors that might Contribute to clients being Resistant in a counseling process (6mks)
- c. List down four skills therapists use in Cognitive Behavioral Therapy (8mks)
- d. Explain five functions of Clinical Supervision in therapy (10mks)

### **QUESTION THREE:**

**Read the following CASE STUDY and answer questions that follow**

Peter is a 30 year old street hawker with a prison record of abusing drugs. He is currently at a rehabilitation center where the parents think it is profitable for him. He blames his alcoholic stepfather for the life he is living in and claims his stepfather does not want him at home. He believes there is nothing wrong with taking drugs and swears he will not stop. He explains that he is unique and very successful and very few special people can understand him. The therapist visits Peter at the center and will only see him once.

- a. Highlight what would be two of the clients intended goals (4mks)
- b. Illustrate how the use of miracle question would bring out desired results as presented by Peter (6mks)
- c. State four of clients presenting issues in the session (8mks)
- d. Discuss four clinical goals therapist would come up with in this case study. (12mks)

### **QUESTION FOUR**

4. a. Explain how the following type of behavioral therapy works
  - i. flooding (4mks)
  - ii) Desensitization (4mks)
- b. illustrate three benefits of Spiritual integration in counselling (6mks)
- c. Highlight four Roles of the Clinical Supervision (8mks)
- e. Highlight four Roles of the Clinical Supervision (8mks)

### **QUESTION FIVE.**

**Read the following CASE STUDY and answer the questions that follows**

Winnie' is a 52-year-old Christian widow. Her husband died of cancer seven years ago and she has two adult daughters. She recently returned to her job as a marketing representative, having previously been on leave after some illness.

Winnie describes herself as 'always being extremely cautious and apprehensive. After her husband's death, Winnie's emotional coping mechanism was by increasing her workload.

However, the organization has gone through changes and her workload was reduced suddenly. Winnie was accused of a work- related incident and she became restless and made negative predictions. Despite being cleared of the accusation, she did not receive an apology from her manager or from others involved.

After this incident, Winnie became increasingly tired and demotivated. She experienced unexplained body pain and believed that her life was doomed.

- a. Conceptualize four issues Winnie could be struggling with. (8mks)
- b. According to Erick Erickson Psychosocial Theory state Winnie's stage and the developmental needs that could be causing fixation (10mks)
- c. Use the above case study and develop a treatment plan for Peter (12mks)