



PAN AFRICA CHRISTIAN UNIVERSITY

END OF TERM EXAMINATION (MAY-AUGUST 2025)

CAMPUS: ONLINE

DEPARTMENT: COUNSELING PSYCHOLOGY

DEGREE: MASTER OF ARTS IN COUNSELLING PSYCHOLOGY

COURSE CODE: MCP 501

COURSE TITLE: FUNDAMENTALS OF COUNSELLING

DATE: August 2025

TIME: 6.00pm -9.00 pm

INSTRUCTIONS

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

QUESTION ONE (COMPULSORY-20 MARKS)

Yusuf, a 35-year-old married man, voluntarily sought counseling at a community mental health center. He was experiencing symptoms of depression, low self-esteem, and persistent anxiety. At intake, the counselor, Joseph, clearly explained the boundaries of confidentiality, including the few exceptions (risk of harm to self or others, abuse, or legal obligation).

Yusuf appreciated the transparency and chose to continue. In early sessions, Yusuf was guarded and spoke mostly about work stress. However, as counseling progressed, and as he experienced consistent respect for confidentiality, he gradually opened up.

- A) Discuss **any two** positive outcomes that are likely to emanate from upholding confidentiality from the above case study (4 marks)
- B) Examine **any two** issues that counsellor Joseph could explore with Yusuf during therapy (6 marks)
- C) Analyze in **three ways** the importance of confidentiality in counselling. (6 marks)

1 d) 'Terminating a counselling relationship is as important as beginning counseling.
'Discuss this statement in relation to stages of the counseling relationship. (4 marks)

SECTION B (Answer any two questions)

QUESTION TWO

- a) An institution that's about to start counselling services for their student population of adolescents has invited you to give professional advice on keeping clients records. Explain **any two** recommendations that the institution needs to take. (4 marks)
- b) 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)

QUESTION THREE

Lyan a 22-year-old university student, was referred to counseling by her academic advisor after multiple class absences and a significant drop in academic performance. During the initial session with the counsellor, Lyan appeared withdrawn, gave minimal responses, and showed signs of scepticism toward the counselling process. She expressed that she only came because her advisor insisted and that she didn't believe "talking to a stranger" would help.

The counselor worked on establishing a relationship with Lyan and in the fourth session Lyan shared that she had been experiencing panic attacks due to unresolved trauma from a past abusive relationship. She also expressed fears of being perceived as "weak" by her peers and family. She said, "I feel like I can talk here without being judged," marking a turning point in the therapeutic relationship. Understanding the importance of relationship-building, the counselor focused the first few sessions on creating a safe and non-judgmental space.

a) Using examples analyze **three ways** in which the counselor can establish rapport with Lyan (6 marks)

b) Discuss any **two goals** that the counselor can help Lyan work on to deal with the presenting issue (4 marks)

Question Four

a) Citing relevant examples, explain ~~in~~ **three ways** why theories are used in counseling. (6 marks)

b) Critically examine **any two** defense mechanisms and their role in helping clients to deal with anxiety. (4 marks)

QUESTION FIVE

Angela procured an abortion when she was 16 years and in form two. 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 **two ways** how you would help her deal with the guilt from a Person Centred perspective. (4 marks)

Helen has just lost her 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.

b) From an ethical point of view, examine in **three ways** Helen's motive for becoming a counsellor. (6 marks)