



PAN AFRICA CHRISTIAN UNIVERSITY

**END OF SEMESTER EXAMINATION FOR MASTERS IN COUNSELLING
PSYCHOLOGY**

JANUARY- APRIL 2025

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: MCP 505

COURSE TITLE: COUNSELLING SKILLS AND TECHNIQUES

EXAM DATE:

TIME:

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). Describe two reasons why counselors in training should attend personal therapy before counselling clients. (2 marks)
- b). Discuss two functions of counselling goals in the counselling process. (2 marks)
- c). Analyze two ways that a counselor can integrate Christian values in a counselling session. (4 marks)

B Read the case study below and answer the questions given.

Mary was referred for counselling by the school principal due to frequent absenteeism and indiscipline. She has been missing school at least three days a week, which has significantly impacted her academic performance. During her first counseling session, the counselor observed that Mary's hair was unkempt, her tunic and white blouse were dirty, she smelled of alcohol, and she appeared somewhat confused. Mary shared that she comes from a humble background and helps her mother run a shop every evening. At times, the workload is overwhelming, causing her to sleep late and this makes it difficult for her to wake up for school. She mentioned that while her friends engage in alcohol and drug use, she does not. However, upon further discussion, she admitted to consuming the illicit brew her mother sells. Although she wants to stop, she fears her friends might be upset with her. She has never disclosed to her mother that she has been drinking the brew.

- a) List two clinical goals that a counselor would formulate with the client. (2 marks)
- b) Explain four themes that the counselor would conceptualize from the above narrative.
(4 marks)
- c) Analyze how the counselor would apply three key concepts of Carl Rogers' Person Centered theory in the counselling process. (6 Marks)

QUESTION TWO

- a). Explain **two** instances when goals of therapy can be modified. (4 marks)

B. Read the following case study and respond to the questions given

Mark, a 38-year-old man, seeks therapy due to struggles with alcohol dependence. He grew up in a family where both his father and grandfather were heavy drinkers. His parents had a volatile relationship, often involving him as a mediator during conflicts. As an adult, Mark finds himself drinking heavily whenever he experiences stress, especially in relationships. He also avoids deep emotional connections and often distancing himself from family members.

- a). Evaluate three therapeutic techniques of Transgenerational theory by Murray Bowen that a therapist can apply to assist Mark deal with his problematic issues. (6 marks)

QUESTION THREE

- a). Describe two characteristics of an effective counselor. (2 marks)
- b). Analyze two reasons why counselors need to consider each of the following factors so as to offer professional counselling to their clients. (8 marks)

- i. The type of setting
- ii. Intake form
- iii. Informed consent
- iv. Building rapport

QUESTION FOUR

a). Describe two fears of a beginning counselor. (4 marks)

B. Read the following case study and answer the questions given.

John is a 30-year-old man experiencing significant anxiety and low self-esteem. He recently applied for a promotion at his place of work but was not selected. This event has caused him considerable distress, he feels he is a failure, not good enough and incompetent in his role. He also feels depressed and at a verge of giving up. He has decided not to apply for promotions again and has become withdrawn at the place of work. He has decided to go for less demanding jobs and believes he will never succeed in his career.

a). Evaluate how a therapist can apply ABC Model of Rational Emotive Behavioral Therapy to help John deal with his promotion problem. (6 marks)

QUESTION FIVE

During a counseling session with Mary a counselor says:

Counselor: Mary, I notice that you have not looked at me all session which is leaving me feeling rather shut out. It feels as if you want to stop me getting too close... I wonder if that is how it feels to you?

a). Outline the counselling skill above. (2 marks)

b). Analyze two situations when the above skill can be used by the counselor in the counselling process. (4 marks).

B. A counselor is in a counseling session with Mike and she notices that he has been overwhelmed by distressing emotions.

a) Discuss two grounding techniques that she can apply to help the client deal with these emotions. (4 marks)