



COURSE TITLE: SPIRITUAL RESOURCES IN COUNSELLING

CODE: COU3313

EXAM DATE: TUESDAY 24 NOVEMBER 2020

DURATION: 3 HOURS

TIME: 0800-1100

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your STUDENT NUMBER in the Answer Booklet given
- This Exam has TWO SECTIONS
- SECTION A is Compulsory.
- Answer **TWO** questions in **SECTION B**
- *Write clearly and legibly.*

SECTION A IS COMPULSORY (20 MARKS).

ALL YOUR RESPONSES MUST BE IN PARAGRAPH FORMAT!

QUESTION ONE (20 MARKS)

- a) Explore the significance of integrating spirituality in the context of counselling. (4 marks)
- b) Discuss two importance of making therapy to be a sacred place for you as a counsellor. (4 marks)
- c) Critique two reasons why beginning counsellors might avoid using spiritual/religious as therapeutic interventions. (4 marks)
- d) A young European Kenyan Protestant female works as a youth pastor in a conservative denomination. She has consulted you to assist her to manage her feelings of same-sex attraction and to determine her lifestyle choices in relation to her work as a pastor and her values as a Christian. Explore three issues you must pay attention to as a counsellor. (6 marks)
- e) Differentiate between biblical counselling and pastoral counselling. (2 marks).

QUESTION TWO (10 MARKS)

ALL YOUR RESPONSES MUST BE IN PARAGRAPH FORMAT!

QUESTION THREE (10 MARKS)

- a) Critique three benefits of biblical counseling. (6 marks)
- b) Describe four potentials markers of religious pathology. (4 marks)

QUESTION FOUR (10 MARKS)

- a) Demonstrate with examples, three ethical dilemmas that you are likely to experience when working with spiritually/religiously inclined clients. (6 marks)
- b) Identify two reasons why the application of the Biopsychosocial- Spiritual Model in core in assessment. (4 marks)

QUESTION FIVE (10 MARKS)

- a) Explore three ways that you can use spiritual rituals for self-care. (6 marks)
- b) Distinguish between self-forgiveness and forgiveness. (4 marks)