



PAN AFRICA CHRISTIAN UNIVERSITY
END OF SEMESTER EXAMINATION FOR MASTERS IN COUNSELING
PSYCHOLOGY
SEPTEMBER-DECEMBER 2021

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: MCP 505

COURSE TITLE: COUNSELLING SKILLS AND TECHNIQUES

EXAM DATE: FRIDAY 17TH DECEMBER 2021

TIME: 6:00 -9:00 PM

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

1. Read the case study below and answer the question given.

Ted's Saturated Story

Ted is a 20 year old university student. His parents have been in a toxic relationship for quite some time. His father consumes a lot of alcohol and anytime he is drunk, he makes their lives a living hell. When his mother questions his behavior, he says 'My family of origin drinks alcohol and that's who we are. You were aware of my drinking before I married you. So, stop fussing over nothing.' Ted chose a day secondary school so that he could watch over his parents lest they killed each other during the night as they fought. Any time they fight the mother turns to Ted for solace and Ted feels helpless because he can neither stop his parents' behavior nor tell the mother to cease giving him negative stories about the father. His 4 years in high school were difficult as he tried to balance his studies and family conflicts. Thankfully, he passed his KCSE exam and joined University. Ted is currently taking alcohol, has not gone home for the last 1 year, and he no longer picks his parents calls.

- a) Assuming Ted is your client, outline four clinical goals that you may formulate with him. (4marks).
- b) Discuss two themes that you would conceptualize from the narrative. (4marks)
- c) Explain how you would apply any three concepts of Bowen's theory to assist Ted deal with three of the clinical goals you mentioned in (a) above. (6 marks)
- d) Articulate three ways that a counselor can integrate Christian values into counselling process. (6 marks)

SECTION B: Answer any two (20 marks)

QUESTION TWO

- a) Explain any two reasons why counselors in training should attend personal therapy before counselling clients. (2 marks)
- b) Discuss any two reasons why MCP therapists 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 THREE

Read the case study below and respond to questions given.

John has been sent away from school because of slapping a Mathematics teacher during a Math's lesson. He is a form 4 student and a first born in a family of five. John disclosed to the counselor why he slapped the teacher.

'This teacher teaches me mathematics which happens to be my worst subject. The previous day, he had given us an assignment but I was unable to solve the problem. I did not ask my classmates because they do not like me since I always score grade 'D' or 'E' and my classmates call me a failure who lowers the mean standard score of their class. This has made me develop low self-esteem. I feel inferior and I have become a loner. So, when the teacher asked me why I had not done his assignment, I told the truth but he started hauling insults at me and this made me so angry. I stood up agitated and demanded for an explanation but he slapped me and me to kneel down. I turned and slapped him back and all the students' screamed. This attracted the attention of the Deputy Principal who came to the rescue of the teacher. I was suspended for two weeks and I was asked to come for therapy. At home I got a severe beating from my parents and ran away to my aunt's house where I am currently living. John said that he despises his parents, classmates, and has contemplated many times to drop out of school.

- a) Analyze any two attending skills that you would apply in the above counselling process. (4 marks)
- b) Explain three causes of John's problems according to Alfred Adler's Individual Psychology theory. (6 marks)

QUESTION FOUR

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

Mary was referred by the school principal for counselling due to absenteeism and indiscipline. She has been missing school at least three days in a week and this has greatly affected her performance. When Mary came in for the first session, the counselor noted that her hair was unkempt, her tunic and white blouse were dirty, she smelt of alcohol and she seemed a bit confused. Mary told the counselor that she comes from a humble background and assists her mother in her shop every evening to sell items. She was hesitant in revealing what items the mother sells. She said sometimes work is too much and she is forced to sleep late and waking up to go to school becomes a challenge. She also revealed to the counselor that her friends abuse alcohol and drugs but she does not. On further exploration, she confessed that she had started taking the illicit brew that her mother sells and wants to stop consuming it but she is afraid that her friends will get angry at her. She has never disclosed to her mother that she takes the brew.

- i. Outline one counselling skill that the counselor may have used during further exploration. (1 mark)
- ii. List three benefits of this skill. (3 marks)

B. Explain how you would apply three key concepts of Carl Rogers' Person Centred theory in the counselling process. (6 Marks)

QUESTION FIVE

- a) Describe two factors that can lead to termination of therapy process. (4 marks)
- b) Analyze any three contemporary issues and explain how they may be detrimental to adolescents' wellbeing. (6 marks)