



PAN AFRICA CHRISTIAN UNIVERSITY

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

JANUARY – APRIL 2022

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: CCOU0223

COURSE TITLE: INTRODUCTION TO COUNSELLING SKILLS

EXAM DATE: 11TH APRIL 2022

TIME: 14:30PM – 17:30PM

INSTRUCTIONS:

- Read the instructions and questions carefully before you start the examination.
- Write your **student number**.
- This exam has SIX questions. Answer **QUESTION ONE** and any other **TWO** questions from section B.
- *ALL PAC University's examination rules and regulations apply*

SECTION A: COMPULSORY (20 MARKS)

QUESTION 1

- a) Describe how you can attend to a client during a session. (2 marks)
- b) Explain how you can self-disclose to a client. (2 marks)
- c) Briefly analyze the importance of challenging a client. (2 marks)
- d) Explain any TWO limits to confidentiality. (4 marks)
- e) Differentiate between counseling skills and counseling techniques using examples. (4 marks)
- f) Examine the THREE core conditions of therapy from a biblical perspective. (6 marks)

SECTION B: Answer any TWO questions from this section 10 Marks each.

QUESTION 2

- a) Differentiate between transference and countertransference. (4marks)
- b) Discuss THREE ways of giving constructive feedback. (6marks)

QUESTION 3

- a) Discuss the importance of counselling skills. (4marks)
- b) Describe THREE ways you can build rapport with a client. (6marks)

QUESTION 4

- a) Examine any TWO types of counselling. (4marks)
- b) Explain any THREE reasons for terminating a session. (6marks)

QUESTION 5

- a) Explain any TWO reasons why you may refer a client. (4marks)
- b) Analyze any THREE verbal skills in counselling. (6marks)