



PAN AFRICA CHRISTIAN UNIVERSITY

SPECIAL EXAM, AUGUST 2020

CAMPUS: VALLEY ROAD

DEPARTMENT: COUNSELING PSYCHOLOGY

COURSE CODE COU 4123

COURSE TITLE: CONFLICT RESOLUTION AND MEDIATION

EXAM DATE:

TIME: THREE (3) HOURS

INSTRUCTIONS

- **Read all questions carefully before attempting.**
- **Write your student number on the answer booklet provided.**
- **SECTION ONE is Compulsory.**
- **Answer any other THREE questions FROM SECTION TWO from the choices provided.**

SECTION ONE - COMPULSORY QUESTION

QUESTION 1

On one particular weekend neighbour 2 had a party, the noise was quite unacceptable to neighbour 1. The mess left behind was much more than before and some of neighbour 1's plants had been damaged. Without thinking nor acting or approaching neighbour 2 as she usually would, neighbour 1 went and loudly banged on neighbour 2's door and used some language which she later regretted.

Ever since that incident the noise and mess was constant and unbearable, whereby neither neighbour would talk to or even acknowledge the other, the local neighbourhood residents' association became involved and suggested that both neighbours try mediation.

- a. Critically analyze five disadvantages that this conflict portends if not resolved appropriately by both neighbours (10 Marks)
- b. Discuss five barriers that you would have to overcome for a successful mediation of this matter (10 Marks)

SECTION TWO: ANSWER ANY THREE QUESTIONS FROM THIS SECTION

QUESTION 2

Enumerate five preliminary considerations you would have to take into account before commencing a Mediation session. (10 Marks)

QUESTION 3

Describe five crucial indicators which may make a mediator break from a joint session to a caucus. (10marks)

QUESTION 4

Explain the five phases of the Conflict cycle. (10marks)

QUESTION 5

Using relevant examples differentiate between binding and non-binding processes in conflict resolution. (10 marks)



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

END OF SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF ARTS

IN COUNSELING PSYCHOLOGY

SPECIAL EXAM, AUGUST 2020
CAMPUS: VALLEY ROAD CAMPUS
DEPARTMENT: PSYCHOLOGY
COURSE CODE: COU 4343
COURSE TITLE: CHILD DEVELOPMENT

EXAM DATE:
DURATION: 2 HOURS
TIME: 5.30-7.30 PM
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 ONE** is Compulsory.
- **SECTION TWO** *Choose Any Three Questions*
- *Write clearly and legibly.*

SECTION ONE

QUESTION ONE

- a) Discuss the effects of two childhood disorders on early childhood development
(4 marks)
- b) Describe 3 ways you would apply the learning from this course in your church and community
(6marks)

SECTION TWO

QUESTION TWO

- a) Discuss 2 ways to build self-esteem in children in stressful environments
(4marks)

b) Evaluate using examples the outcomes of three styles of caregiving/parenting (6marks)

QUESTION THREE

a) Using examples discuss the Christian perspective of child conception (4 marks)

b) Evaluate the argument for or against special classes for gifted children. (6marks)

QUESTION FOUR

a) Discuss 2 ways to build self-esteem in children in stressful environments (4marks)

b) Discuss three ways in which family functioning influences development in children

(6 marks)

QUESTION FIVE

a) Describe the effects of any two drugs during the prenatal period (4marks)

b) Evaluate any three ways in which play contributes to social development (6 marks)



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END OF SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF ARTS

IN COUNSELING PSYCHOLOGY

SPECIAL EXAM, AUGUST 2020
CAMPUS: VALLEY ROAD CAMPUS
DEPARTMENT: PSYCHOLOGY
COURSE CODE: COU 1323
COURSE TITLE: HUMAN GRWOTH AND DEVELOPMENT

EXAM DATE:

DURATION: 3 HOURS

TIME:

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.
- **SECTION B** *choose 3 questions*
- *Write clearly and legibly.*

SECTION A

QUESTION ONE

- a) Describe the counselling issues to be addressed while counselling someone in early adulthood.
(5 marks)
- b) In two paragraphs, demonstrate how you would use the knowledge of this course in your Church or family
(5 marks)

SECTION B

QUESTION TWO

- a) Compare and contrast family functioning and family structure in child development (4marks)
- b) Giving example describe the nature/nurture concept on human growth and development
(6 marks)

QUESTION THREE

- a) Account for the high rates of sexually transmitted diseases and pregnancy among adolescence (4 marks)
- b) Discuss 3 ways you would help adolescents have better judgement in their decision-making process.

(6 marks)

QUESTION FOUR

- a) Describe 2 ways adults can support children with special needs as they development (4marks)
- b) Evaluate the effects of parenting on human development. (6 marks)

QUESTION FIVE

- a) Discuss the importance of encourage in learning during play years in childhood (4 marks)
- b) Describe in three ways the role of early experiences such as attachment in shaping adult personality (6marks)



PAN AFRICA CHRISTIAN UNIVERSITY
END OF TERM EXAMINATION (JAN TO APRIL 2020)
CAMPUS: ROYSAMBU
DEPARTMENT: COUNSELING PSYCHOLOGY

SPECIAL EXAM, AUGUST 2020

COURSE CODE COU 1233

COURSE TITLE: INTRODUCTION TO PSYCHOLOGY

TIME: Three (3) HOURS

INSTRUCTIONS

- **Read all questions carefully before attempting.**
- **Write your student number on the answer booklet provided.**
- **Question ONE IN SECTION ONE is Compulsory.**
- **Answer any other THREE questions FROM SECTION TWO**

SECTION ONE - COMPULSORY QUESTION (20 MARKS)

Q1a) Define the following concepts;

- i) Psychology. **(2 marks)**
- ii) Psychology as a social science. **(2 marks)**
- iii) Psychology as a social discipline. **(2 marks)**

Q1 b) Describe any **four** major concepts you have learned from the discussions on approaches to human behavior. **(8 marks)**

Q1c) Discuss any **three** ways in which psychology can enhance a Christian's understanding of human behavior. **(6 marks)**

SECTION TWO choose any TWO questions from this section (20 MARKS)

QUESTION 2

Giving specific examples for **each**, explain how the following concepts affect human behavior

- a) The ID **(3 marks)**
- b) The Ego **(3 marks)**
- c) The Super ego **(4 marks)**

QUESTION 3

Explain **five** major concepts in the following views in human behavior:

- a) Humanistic view. **(5 marks)**
- b) Biological view. **(5 marks)**

QUESTION 4

- a) Describe the three main parts of the brain. **(1.5 marks)**
- b) Explain any **three** reasons that make the study of the brain a critical factor in human behavior. **(6 marks)**
- c) What is the significance of Maslow's hierarchy of needs in understanding human behavior? **(2.5 marks)**

QUESTION 5

- a) Briefly explain any **two** major changes that may have occurred in your interpersonal relationships as a result of studying psychology. **(4marks)**
- b) What are some **three** major misconceptions regarding the practice of psychology that you will be able to demystify as a result of studying the topic on introduction to psychology? **(6 marks)**

QUESTION 6

- a) Discuss how the following concepts influence human Behavior
 - i. The Central Nervous System. **(3 marks)**
 - ii. The Endocrine System. **(3 marks)**
- b) Explain the relationship between Biological Drives and Emotions in human beings. **(4 marks)**



PAN AFRICA CHRISTIAN UNIVERSITY

SPECIAL EXAM, AUGUST 2020

CAMPUS: ROYSAMBU

DEPARTMENT: COUNSELING PSYCHOLOGY

COURSE CODE COU 1233

COURSE TITLE: INTRODUCTION TO PSYCHOLOGY

TIME: Three (3) HOURS

INSTRUCTIONS

- Read all questions carefully before attempting.
- Write your student number on the answer booklet provided.
- Question ONE IN SECTION ONE is Compulsory.
- Answer any other THREE questions FROM SECTION TWO

SECTION ONE - COMPULSORY QUESTION (20 MARKS)

Q1a) Define the following concepts;

- iv) Psychology. (2 marks)
- v) Psychology as a social science. (2 marks)
- vi) Psychology as a social discipline. (2 marks)

Q1 b) Describe any **four** major concepts you have learned from the discussions on approaches to human behavior. (8 marks)

Q1c) Discuss any **three** ways in which psychology can enhance a Christian's understanding of human behavior. (6 marks)

SECTION TWO choose any TWO questions from this section (20 MARKS)

QUESTION 2

Giving specific examples for **each**, explain how the following concepts affect human behavior

- d) The ID (3 marks)
- e) The Ego (3 marks)
- f) The Super ego (4 marks)

QUESTION 3

Explain **five** major concepts in the following views in human behavior:

- c) Humanistic view. (5 marks)
- d) Biological view. (5 marks)

QUESTION 4

- d) Describe the three main parts of the brain. (1.5 marks)

- e) Explain any **three** reasons that make the study of the brain a critical factor in human behavior. **(6 marks)**
- f) Discuss the significance of Maslow's hierarchy of needs in understanding human behavior. **(2.5 marks)**

QUESTION 5

- c) Briefly explain any **two** major changes that may have occurred in your interpersonal relationships as a result of studying psychology. **(4marks)**
- d) Illustrate **three** major misconceptions regarding the practice of psychology that you will be able to demystify as a result of studying the topic on introduction to psychology? **(6 marks)**

QUESTION 6

- c) Discuss how the following concepts influence human Behavior
 - iii. The Central Nervous System. **(3 marks)**
 - iv. The Endocrine System. **(3 marks)**
- d) Explain the relationship between Biological Drives and Emotions in human beings. **(4 marks)**



PAN AFRICA CHRISTIAN UNIVERSITY

SPECIAL EXAM, AUGUST 2020

CAMPUS: ROYSAMBU

DEPARTMENT: COUNSELING PSYCHOLOGY

COURSE CODE COU 2213

COURSE TITLE: HUMANISTIC AND COGNITIVE PERSONALITY THEORIES

EXAM DATE:

TIME: Three (3) HOURS

INSTRUCTIONS

- **Read all questions carefully before attempting.**
- **Write your student number on the answer booklet provided.**
- **SECTION ONE is Compulsory.**
- **Answer any other THREE questions FROM SECTION TWO**

SECTION ONE - COMPULSORY QUESTION (20 MARKS)

Q1A. Describe the following terms and how they enhance the understanding of personality development;

- | | |
|-----------------------|---------|
| i) Personal construct | 2 marks |
| ii) Corollaries | 2 marks |

Q1B. Giving FOUR examples, explain how the study of personality theories has enhanced your understanding of human behavior 8 marks

Q1C. Explain four major concepts in the Biological theories and how this concept relates to Christian understanding of behavior. 8 marks

SECTION TWO choose any TWO questions from this section. (20 MARKS)

QUESTION 2

Using specific examples, describe how the lives of the following theorists impacted on their concepts of personality development;

- | | |
|-----------------|---------|
| a) George Kelly | 5 marks |
| b) Rollo May | 5 marks |

QUESTION 3

- | | |
|---|---------|
| a) Differentiate between normal and neurotic anxiety | 4 marks |
| b) Explain the concept of the contradiction and intentionality of will in personality development | 6 marks |

QUESTION 4

- | | |
|---|---------|
| a) Describe the Cognitive approach to personality | 2 marks |
|---|---------|

- b) Critically analyze the significance of the cognitive approach in helping to understand personality disorders 8 marks

QUESTION 5

Enumerate the major gaps in the following theories on the development of personality across life span:

- a) Humanistic approaches 5 marks
b) Biological approaches 5 marks

QUESTION 6

Explain how the knowledge gained in the study of personality theories relate to the following Christian principles;

- a) The concept of human beings fearfully and wonderfully made. 5 marks
b) The concept of human beings created in the image of God. 5 marks



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END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY**

SPECIAL EXAM, AUGUST 2020

CAMPUS: ROYSAMBU CAMPUS

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU 4133

COURSE TITLE: GENDER STUDIES IN COUNSELLING

EXAM DATE:

DURATION: 3 HOURS

TIME: THUR 2-5PM

SECTION A (COMPULSORY) 10 MARKS

Question one

- a) Using one example differentiate the term gender from sex (1marks)
- b) Distinguish gender roles from sex roles (1 marks)
- c) Outline any two benefits of economically empowering women (2 marks)
- d) Critically examine how socialization process influences choice of counsellor gender (4 marks)
- e) Analyze any one reason why clients may prefer
 - i) Female counsellors (1 marks)
 - ii) Male counsellors (1 marks)

SECTION B: ANSWER ANY THREE QUESTIONS

Question two

- a) With the use of gender schema theory, analyze five ways in which children learn gender differences (5 marks)
- b) Discuss any five ways in which modern lifestyle has affected gender socialization (5 marks)

Question three

- a) 'Class is like the air we breathe'. Discuss the above statement in relation to gender discrimination (5 marks)
- b) Demonstrate with examples any five ways in which gender discrimination may occur (5 marks)

Question four

- a) You have been invited into a chief's baraza to sensitize people on the importance of counselling as a means to reduce mental health challenges. Identify any five gender issues you will sensitize them on (5 marks)
- b) *'Preferences develop, evolve and change as time passes. Hence knowing a person's preference in time is not sufficient to fully understand one's choices throughout life'*. Explain the importance of this statement in reference to gender preference in counseling (5 marks)

Question five

- a) Discuss the implication of gender and power in the field of counselling (5 marks)
- b) Analyze any five power imbalances in the field of counselling (5 marks)

Question six

- a) Discuss any five ways in which the 2010 Kenya constitution has addressed gender issues in counselling (5 marks)

b) Explain the importance of gender of counsellor in counselling

(5 marks)



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END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY**

SPECIAL EXAM, AUGUST 2020

CAMPUS: ROYSAMBU CAMPUS

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU 4333

COURSE TITLE: HUMAN SEXUALITY

EXAM DATE:

DURATION: 3 HOURS

SECTION A : COMPULSORY (10 MARKS)

QUESTION ONE

- a) Explain any two major parts of human personality according to psychoanalytic theory. (2 marks)
- b) Outline two goals of sex therapy. (2 Marks)
- c) Analyze any two ways that cognitive theorists use to understand human sexuality (2Marks)
- d) Discuss two functions of the external female reproductive structures (2 Marks)
- e) Critically assess two levels of sociologist's view of societal influences on human sexuality. (2 Marks)

SECTION B : ANSWER ANY THREE QUESTIONS

QUESTION TWO

- a) Discuss two primary reinforcers of operant conditioning. (2 Marks)
- b) Critically analyze any two methods that can be used to modify problematic sexual behaviours. (4 Marks)
- c) Account for the view of human sexuality according to:
 - i) Psychoanalytic approach. (2 marks)
 - ii) Social learning theory (2 marks)

QUESTION THREE

- a) Analyse any three reasons that can cause someone to avoid the comfort of a physical relationship. (6 Marks)
- b) Discuss two methods used in sex avoidance treatment. (4 Marks)

QUESTION FOUR

- a) Outline three functions of the male reproductive system. (6 Marks)
- b) Critically assess two examples of sexual scripts held today. (4 Marks)

QUESTION FIVE

- a) Explain one function of the epididymis. (2 Marks)

- b) Discuss two responsibilities of testosterone. (4 Marks)
c) Analyze any two ways in which the study of human sexuality is important in the contemporary society.

(4 Marks)

QUESTION SIX

- a) Highlight three common reasons that make individuals seek sexuality counselling.(6 Marks)
b) Discuss any two ways you would use to help a client cope with sexual feelings in therapy.

(4 Marks)



SPIRITUAL RESOURCES IN COUNSELING COU 3313

SPECIAL EXAM, AUGUST 2020

2 Hours

Roysambu Campus: Day class

INSTRUCTIONS

- Read all the questions carefully before attempting
- Answer the question in **Section A (Compulsory)** and **any THREE** questions from **Section B**

- Indicate your **STUDENT NUMBER**.
- Check/edit *your answers and correct spelling mistakes*.

Section A: One question (10 Marks)

1. Case study:

A religious/spiritual client comes to you for counseling because they are afraid of contracting the corona virus.

a. Describe two extremes of countertransference that might occur as you work with this client. Give examples. **(6 Marks)**

b. In two paragraphs, demonstrate how you would assess the client's spiritual/religious views. **(4 Marks)**

SECTION B: Answer any THREE questions (30 Marks)

2. Case study: A pastor's wife comes to you for counseling because her husband has been jobless for the last fifteen years. They have five children in primary schools and she lost her job last month due to COVID-19 lockdown. The client now wants a divorce because she cannot maintain her husband any longer.

a. Highlight two questions you would ask yourself before integrating the spiritual or religious dimension of the above client in counseling and explain the reasons behind your choice of questions. **(4 Marks)**

- b. Illustrate two treatment approaches you would consider in working with the above client. **(6 Marks)**
3. a. Share the encouragement and caution you would give to a counselor who wants to integrate spirituality and religion when working with their clients. **(4 Marks)**
- b. Predict three important assessment considerations before integrating spirituality and religion in counseling. **(6 Marks)**
4. Case study:
After planting “seed” money on a monthly basis for six years, your client is disappointed that her business has closed down due to the corona virus. She was shocked that her prosperity gospel church was closed down and now there is no one to pray for her.
- a. Relate three markers of religious pathology to the above case study. **(6 Marks)**
- b. Differentiate two ways you would respond to the client if she requested you to pray for her during the session. **(4 Marks)**
5. a. Demonstrate two ways a counsellor’s bias regarding spirituality or religion can affect the counselling process. Give examples. **(6 Marks)**
- b. Illustrate two cultural implications and how you would integrate spirituality in counselling. **(4 Marks)**
6. a. Dramatize any three criteria you would consider to determine if a client is a member of a cult. **(6 Marks)**
- b. Summarize two ways a client is disadvantaged if not assessed for their spiritual and religious views. **(4 Marks)**



PAN AFRICA CHRISTIAN UNIVERSITY
END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY

SPECIAL EXAM, AUGUST 2020

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU2313

COURSE TITLE: Abnormal Psychology

EXAM DATE:

TIME: 2:00 P.M. – 5:00 P.M.

INSTRUCTIONS

- Read all questions carefully before attempting.
- Write your **student number** on the answer booklet provided.
- Answer **ALL** questions in Section A and **ANY** three in Section B

Section A: Compulsory; attempt ALL questions (20 Marks)

Question 1

A)

- i) Define abnormal behavior and give real life examples to support your answer. **(5 Marks)**
- ii) Identify two learning disabilities experienced by children in their early childhood. **(5 marks)**
- iii) Discuss the characteristics and main diagnostic criteria of the three main eating disorders. **(5 Marks)**
- iv) Describe the basic characteristics of paraphilic disorders and use examples to support your answers **(5 Marks)**

Section B: Attempt TWO questions from this section (20 Marks)

Question 2

- a) It is normal for any person to be anxious. However, when anxiety affects one's functioning for over two weeks then one may be diagnosed with a specific anxiety disorder. Explain four types of anxiety disorders **(4 marks)**
- b) Mention three treatments of anxiety disorders. **(6 Marks)**

Question 3

a) Distinguish between stimulants and depressants. **(4 marks)**

b) Alcohol is a major problem in our country today; explain five reasons why people take alcohol and the possible effects of alcohol use. **(6 marks)**

Question 4

a) Elaborate four causes of Major depressive disorder in our society today. **(5 Marks)**

b) Mention five symptoms of Major depression according to the DSM V **(5 marks)**

Questions 5

Discuss the advantages a Christian counsellor has over a secular one despite both having the same professional training **(10 Marks)**



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

**END OF SEMESTER EXAMINATION BA DEGREE IN
COUNSELLING PSYCHOLOGY**

JAN - MAY 2020 SEMESTER SPECIAL EXAM

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU 3423

COURSE TITLE: BRAIN AND BEHAVIOUR

EXAM DATE: SEPTEMBER 2, 2020

DURATION: 3 HOURS

TIME: 2:30 PM – 5:30 PM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your **STUDENT NUMBER** in the Answer Booklet given
- **Answer question 1 and any other THEE questions**
- *Write clearly and legibly.*
- *ALL PAC University's examination rules and regulations apply*

SECTION A: ANSWER ALL QUESTIONS

Question 1 (30 marks)

- a) Outline what the brain matter is composed of (4 marks)
- b) State how the brain neuro system is connected to the rest of the human body (4 marks)
- c) Contrast between the falling of an inanimate object e.g. a leaf and movement of a living organism (4 marks)
- d) Explain two functions of dopamine neurotransmitter (4 marks)
- e) Discuss the behaviors synonymous with a population of youth aged 15 to 25 years (4 marks)
- f) Describe in two ways the functions of the brain and how these reveal the greatness of God (4 marks)
- g) Discuss in two ways how cultural affiliation influences behavior (6 marks)

SECTION B: ANSWER THREE QUESTIONS ONLY (30 marks)

Question 2

- a) State the two benefits of alcohol when ingested in moderation (4 marks)
- b) Describe the three areas of the human body triggered into action by emotional behavior (6 marks)

Question 3

- a) Explain in two ways reasons some people are more aggressive than others (4 marks)
- b) Compare and differentiate between short term and long term memory (6 marks)

Question 4

- a) Differentiate between fear and anxiety (4 marks)
- b) Explain in two ways how stress and emotions can negatively affect one's health (6 marks)

Question 5

- a) State two functions of the blood brain barrier (4 marks)
- b) Distinguish between ordinary depression and major Depressive Disorder – MDD (6 marks)



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

**END OF SEMESTER EXAMINATION BA DEGREE IN
COUNSELLING PSYCHOLOGY**

JAN – APRIL 2020 SEMESTER (SPECIAL EXAM)

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: 3323

COURSE TITLE: MULTICULTURAL COUNSELLING

EXAM DATE: SEPTEMBER 2, 2020

DURATION: 3 HOURS

TIME: 8:00 AM – 11:00 AM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your **STUDENT NUMBER** in the Answer Booklet given
- **Answer question 1 and any other THREE questions**
- *Write clearly and legibly.*
- *ALL PAC University's examination rules and regulations apply*

SECTION A: ANSWER ALL QUESTIONS

Question 1 (30 Marks)

- a) Discuss in one point your understanding of multicultural counselling (4 marks)
- b) Explain in two points the Western classification of pathology might be a challenging to an African setting (4 marks)
- c) Contrast between relativism and cultural universality (4 marks)
- d) Outline the three areas of cultural competencies a multicultural counselor ought to have (6 marks)
- e) State three ways credibility of a counselor is critical to their therapeutic profession (6 marks)
- f) Describe in three ways nonverbal communication is integral to multicultural therapeutic help (6 marks)

SECTION B: ANSWER THREE QUESTIONS ONLY (30 Marks)

Question 2

- a) Illustrate two ways minority groups mark time (4 marks)
- b) Compare in two ways characteristics of the African American and Kenyan families in relation to the woman (6 marks)

Question 3

- a) State one importance of spirituality and religion among African American populations (4 marks)
- b) Describe two possible cultural clashes between a counselor and a client from a minority group especially in matters communication (6 marks)

Question 4

- a) Explain two reasons a multicultural therapeutic session is likely to end prematurely (4 marks)
- b) Discuss the absence of a father figure between White and African population (6 marks)

Question 5

- a) State how language reinforces bonding between ethnic groups (4 marks)
- b) Describe two challenges LGBT population experience in the coming out stage (6 marks)



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE DEGREE OF PSYCHOLOGY
COUNSELLING

SPECIAL EXAM, AUGUST 2020
CAMPUS: ROYSAMBU CAMPUS
DEPARTMENT: PSYCHOLOGY
COURSE CODE: BCOU 3233
COURSE TITLE: INTRODUCTION TO GROUP COUNSELLING

EXAM DATE:

DURATION: 3 HOURS

TIME: 9.00 – 12.00 A.M.

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 HOURS
- SECTION A is Compulsory. It carries **10 Marks**.
- Answer **THREE** questions in **SECTION B** each question carries **10 Marks**.
- *Write clearly and legibly.*

PAN AFRICA CHRISTIAN UNIVERSITY

Introduction to group counseling: BCOU 3233
Section A: Answer all questions in this section – Total Marks 10%

- 1(a) Discuss the following central goals in reality therapy
- i) Responsibility/irresponsibility (2 Mks)
 - ii) Choices/poor choices (2 Mks)
- (b) Describe any concept from the gestalt approach that you would be most interested in incorporating into your style of group leadership(2Mks)

- (c) Imagine yourself getting to co-lead your first group. State your role as a leader in the following situations:
- (i) Trust building (2 Mks)
 - (ii) Screening interview exercise (2Mks)

Section B: Answer any three questions from this section.
Each question is 10 Mks. Total Marks - 30 Mks.

- 2 (a) State any **four** ways in which you will announce your group and recruit members for it. (4 Mks)
- (b) Discuss **any two** characteristics of the group leader in person centered theory group. (6 Mks)
- 3 (a) Describe to what degree children are “Scripted” and then destined to “live out” in transactional analysis theory. (4 Mks)
- (b) Discuss any **two** ways how your patterns of **Child ego, injunctions and Early decisions** would affect the way in which you work with certain members in your group. (6 Mks)
- 4 (a) State any **two** differences between **Person Centered and Behavioral** groups . (4 Mks)
- (b) State any **two** characteristics that distinguish a group in the **Initial stage and Transition stage**. (6 Mks)
5. (a) Discuss how a **Group cohesion** is central variable at the working stage.(4 Mks)
- (b) Explain the desired outcome of the following group leadership skills
- (i) Confronting (3 Mks)
 - (ii) Terminating (3 Mks)
6. (a) Assume that you are a counselor in a community, agency where no group counseling is offered and you see a need for several types of groups. Explain by giving examples **any two** course of action you are inclined to take. (6 Mks)
- (b) Explain any two most striking differences in terms of basic concepts and therapeutic techniques between Reality and Psychoanalytic groups(4 Mks)



PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

**END OF SEMESTER EXAMINATION FOR THE DEGREE OF MASTERS
OF ARTS IN MARRIAGE AND FAMILY THERAPY
SPECIAL EXAM, AUGUST 2020**

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: MFT509

COURSE TITLE: CHILD AND ADOLESCENT DEVELOPMENT

EXAM DATE:

TIME:

INSTRUCTIONS

- Write your **student number** on the answer booklet provided.
- Read the questions carefully before attempting.
- This Exam accounts for thirty (30) per cent of your total grading. The exam will be marked out of **60**
- The Exam has two sections – Section A and B.
- Section A is compulsory and carries **Ten (10)** marks. Attempt all the questions.
- Section B has **five (5)** questions, each carrying **Ten (10)** marks. You are required to answer any **three (3)**.
- Only the first three questions from section B attempted on your answer booklet will be marked. If you do not wish that to happen, cancel any answers you do not wish marked.

ALL PAC University's examination rules and regulations apply

PART A: THE QUESTION IN THIS SECTION IS COMPULSORY AND CARRIES 10 MARKS

1. You have been asked to address parents of preschoolers in your church on how they can support the maturation of their children. Use insights from Neufeld theory of child development to present the maturation process to the parents. Start your presentation with 'Dear parents' and proceed to use a paragraph to explain how they can support their children by facilitating the following processes from a Kenyan perspective:
 - i) Emergence process 5mks
 - ii) Adaptive process 5mks

PART B: ANSWER ANY THREE QUESTIONS FROM THIS SECTION. EACH QUESTION CARRIES 10 MARKS

2. Write a talk for teachers of Kariti Secondary School where the Principal is concerned that majority of the children have become so unruly that they are unable to contain them and foster a conducive learning environment. In your talk, discuss the teachers can position themselves to help the pupils turn around. 10 marks
3. The vulnerability factor is a major key in children's maturation.
 - a) Explain some roots of vulnerability in the Kenyan context from your understanding of the maturation theory. 5 marks
 - b) Discuss the impact of 'vulnerability too much to bear' we would find on children within the context of this country based on your experience. 5 marks
4. A young man Jack, 22 years old, has been sent to you for therapy. During session, you learn that he felt not loved neglected by his parents. He joined his peers in taking *bhang* and light crime instead of giving premium to his study. Now at 22, he has no relationship with parents, the parents blame him for failure in school and he is addicted to drugs. The parents have 8 children among whom he is the 3rd. They claim to have put so much time and energy to look for resources to provide for the children but are disappointed that Jack is addicted to drugs. Additionally, three daughters have given birth to children at home due to which their educational process was cut short and one more brother disappeared and his whereabouts unknown for the last two years. Analyze his emotional journey to him to enable him understand it and get him from being stuck in addiction. 10 marks
5. You recently got employment in Lori Street Children Rehabilitation Center as the lead psychologist. Discuss how you would prepare the psychologists under you to kick-start the attachments instincts in the children under rehabilitation. 10 marks
6. During question time in a parents' meeting at school, a parent explains to you how an older child in upper primary has become difficult to parent. How the child breaks every family

norm and is currently not doing very well at school; both in terms of relationship with teachers and in academic performance. The boy has a deep orientation towards connecting with his peers. Understandably, the parents is disoriented, frustrated and sometimes very angry.

- a) In a paragraph, provide insight to the parent about his own emotional response. 5 marks
- b) In a paragraph, coach the parent on how to 'collect' the son. 5 marks



PAN AFRICA CHRISTIAN UNIVERSITY

SPECIAL EXAM, AUGUST 2020

CAMPUS: ROYSAMBU

DEPARTMENT: COUNSELING PSYCHOLOGY

COURSE CODE BCOU3223

COURSE TITLE: INTRODUCTION TO ALCOHOL AND SUBSTANCE ABUSE

THREE (3) HOURS

INSTRUCTIONS

- **Read all questions carefully before attempting.**
- **Write your student number on the answer booklet provided.**
- **Question ONE IN SECTION ONE is Compulsory.**
- **Answer any other THREE questions FROM SECTION TWO**

SECTION ONE - COMPULSORY QUESTION

QUESTION 1

- a) Explain the five stages of change clients are expected to go through during Motivational Interviewing (5 marks)
- b) Discuss 5 ways in which drug abuse may lead to crime in the society (5 marks)

SECTION TWO: ANSWER ANY OTHER THREE QUESTIONS FROM THIS SECTION

QUESTION 2

- a) Briefly Explain two psychological therapies that can be applied to help manage addiction (2 marks)
- b) Discuss 4 most common causes of relapse in an individual who has stopped using drugs (8 Marks)

QUESTION 3

- a) What is rehabilitation with regard to Alcohol and Substance abuse (1 Mark)
- b) Discuss the theories of drug use (9 Marks)

QUESTION 4

- a) Explain the function of Serotonin as a neurotransmitter (1 mark)
- b) Discuss why family therapy is an essential part of substance abuse therapy for individuals (9 marks)

QUESTION 5

- a) Which two symptoms are indicative of Drug abuse (2 Marks)
- b) Discuss Four major effects of alcohol and drug abuse among adults (8 marks)

QUESTION 6

- a) Explain the function of a synapse in a neuron (2 marks)
- b) Using the social Influence model describe the four components applied to control drugs in institutions (8 Marks)



PAN AFRICA CHRISTIAN UNIVERSITY

SPECIAL EXAM, AUGUST 2020

CAMPUS: ROYSAMBU

DEPARTMENT: COUNSELING PSYCHOLOGY

COURSE CODE BCOU1313

COURSE TITLE: SOCIAL PSYCHOLOGY

EXAM DATE:

TIME: THREE (3) HOURS

INSTRUCTIONS

- **Read all questions carefully before attempting.**
- **Write your student number on the answer booklet provided.**
- **Question ONE IN SECTION ONE is Compulsory.**
- **Answer any other THREE questions FROM SECTION TWO**

SECTION ONE - COMPULSORY QUESTION

QUESTION 1

- c) Describe five ways by which attitudes are formed (5 marks)
- d) Discuss five symptoms of group think in social psychology (5 marks)

SECTION TWO: ANSWER ANY OTHER THREE QUESTIONS FROM THIS SECTION

QUESTION 2

- a) Distinguish between stereotype and prejudice (2 marks)
- b) Explain the goals of affiliative behavior (8 marks)

QUESTION 3

- a) Explain two factors that influence interpersonal attraction (2marks)
- b) Discuss four consequences of being a target of prejudice, stereotypes, and discrimination (8 marks)

QUESTION 4

- a) Distinguish between pro-social behavior, benevolence and altruism (3 marks)
- b) Describe some of the ways by which we can promote pro-social behavior (7marks)

QUESTION 5

- a) What two factors may stand in the way of one fulfilling their affiliation and intimacy needs? (1mark)
- b) Explain three theories of Attitude change (9 marks)

QUESTION 6

- a) Briefly describe two social psychology theoretical perspectives of what drives behavior (2 marks)
- b) Discuss four factors that may promote aggression among individuals (8 marks)



PAN AFRICA CHRISTIAN UNIVERSITY

SPECIAL EXAM, AUGUST 2020

CAMPUS: VALLEY ROAD

DEPARTMENT: COUNSELING PSYCHOLOGY

COURSE CODE COU 1313

COURSE TITLE: SOCIAL PSYCHOLOGY

EXAM DATE:

TIME: (3) HOURS

INSTRUCTIONS

- **Read all questions carefully before attempting.**
- **Write your student number on the answer booklet provided.**
- **Question ONE IN SECTION ONE is Compulsory.**
- **Answer any other THREE questions FROM SECTION TWO**

QUESTION 1

Section one: Answer all the questions in this section. (10 MARKS)

a) Demonstrate how you would use conformity and compliance as taught in social psychology to help a client who has Conduct Disorder. **(4marks)**

b) Explain any two causes of relationship failure between spouses **(4 marks)**

f) Discuss any two factors that influence self-esteem according to social psychology **(2 marks)**

SECTION TWO: ANSWER ANY THREE QUESTIONS. (30 Marks)

QUESTION 2

a) Evaluate the four key components of groups. **(4 Marks)**

b) Describe any three causes of **group think**. **(6 mark**

QUESTION 3

a) Discuss the attribution theory and its role in self- perception and perception of others **(5marks)**

b) Evaluate reward power and coercive power in the light of helping a teenager to obey directives **(5 marks)**

QUESTION 4

a) Explain any two functions of attitude . **(4 marks)**

b) Describe any three techniques used to gain compliance **(6 marks)**

QUESTION 5

a) Discuss obedience as a form of social influence **(6 marks)**

b) Explain any two sources of power **(4m arks)**

QUESTION 6

a)Using specific examples describe how you would use informational power to convince your client to change behavior **(6 marks)**

b) Explain your Biblical understanding of the concept of social psychology (4 marks)



PAN AFRICA CHRISTIAN UNIVERSITY

SPECIAL EXAM, AUGUST 2020

CAMPUS: VALLEY ROAD

DEPARTMENT: COUNSELING PSYCHOLOGY

COURSE CODE COU 4333

COURSE TITLE: HUMAN SEXUALITY

EXAM DATE:

TIME: (3) HOURS

INSTRUCTIONS

- **Read all questions carefully before attempting.**
- **Write your student number on the answer booklet provided.**
- **Question ONE IN SECTION ONE is Compulsory.**
- **Answer any other THREE questions FROM SECTION TWO**

SECTION ONE - COMPULSORY QUESTION (10 MARKS)

Answer all questions from this section

QUESTION ONE

- 1a) Describe two biological and spiritual dimensions of human sexuality **(4marks)**
- b) Discuss any two benefits of family planning to the **woman** and the **children** **(2 marks)**
- c) Evaluate any four symptoms of sexual addiction **(4 marks)**

SECTION TWO: ANSWER THREE QUESTIONS FROM THIS SECTION (30MARKS)

QUESTION TWO

- a) Describe any two kinds of anxieties related to sex in the counseling setting **(4 marks)**
- b) Explain the excitation transfer hypothesis by Zillman (1983) **(6 marks)**

QUESTION THREE

- a) Discuss the effects of anxiety on sexual life **(6 marks)**
- b) Describe how you would help a client who is experiencing sexual dysfunction **(4 marks)**

QUESTION FOUR

- a) Explain any three ways a therapist can handle own sexual feelings while conducting therapy **(6 marks)**
- b) Explain how performance anxiety results into erectile dysfunction **(4 marks)**

QUESTION FIVE

- a) Describe any two
 - i) Ethical **(3 marks)**
 - ii) Legal issues related to sexual relationships in therapy. **(3 marks)**
- b) Discuss any four ways you can offer treatment/ solution to a sexual addict client **(4 marks)**

QUESTION SIX

6a) Explain human sexuality from a Biblical perspective (**6 marks**)

b) Describe how you would help a mother of a teenage girl who insists that her daughter needs contraceptives (**4 marks**)



PAN AFRICA CHRISTIAN UNIVERSITY

SPECIAL EXAM, AUGUST 2020

CAMPUS: VALLEY ROAD

DEPARTMENT: COUNSELING PSYCHOLOGY

COURSE CODE COU 1113

COURSE TITLE: LIFE SKILL AND PERSONAL DEVELOPMENT

EXAM DATE:

TIME: (3) HOURS

INSTRUCTIONS

- **Read all questions carefully before attempting.**
- **Write your student number on the answer booklet provided.**
- **Question ONE IN SECTION ONE is Compulsory.**
- **Answer any other THREE questions FROM SECTION TWO**

SECTION ONE –COMPULSORY (10 MARKS)

QUESTION

- a) Explain the importance of personal development (2marks)
- b) Describe the benefits of self-awareness for a practicing counselor. (2mark)
- c) Describe the two reappearing seasons in life according to Daniel Levison's theory. (2 marks)
- d) Explain what Viktor Frankl meant by "existential **vacuum**" (2 marks)
- e) Describe Erik Erikson's stage of "ego integrity / despair (2 marks)

SECTION TWO: ANSWER THREE QUESTIONS FROM THIS SECTION (30 MARKS)

QUESTION 2

- a) Explain Viktor Frankl's concept of "existential **guilt**" in relation to personal development (4 marks)
- b) Describe self-Awareness using the Johari model. (6 marks.)

QUESTION 3.

- a) Discuss "self-concept according to Carl Rogers's theory. (6 marks)
- b) Describe stage of "early **adulthood ages 17-22**" as proposed by Daniel Levinson. (4marks)

QUESTION 4

- a) Explain the instinct theory of motivation (6marks)
- b) Show how you would use 'a drive' and an 'incentive' to help a teenager who has a conduct disorder (4 mark)

QUESTION 5

- a) Using relevant examples describe how a counselor's poor self-concept can harm the client (6marks)
- b) Discuss how self-concept affects interpersonal relationships.(4 marks)

QUESTION 6

a) Explain self-worth according to Virginia Satir. (4 marks)

b) Describe the characteristics of a fully functioning person according to the self-theory of Carl Rogers (6 marks)



**PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
DEGREE OF BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY**

SPECIAL EXAM, AUGUST 2020

CAMPUS: VALLEY ROAD CAMPUS

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU 3233

COURSE TITLE: GROUP COUNSELLING

EXAM DATE:

DURATION: 3 HOURS

TIME:

INSTRUCTIONS:

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

SECTION A : COMPULSORY (10 MARKS)

QUESTION ONE

- a) Identify **two** goals for members of group counseling. 2 Marks
- b) Explain **two** special problems encountered in beginning a group. 2 Marks
- c) Highlight any **two** styles of contact in Gestalt Therapy. 2 Marks
- d) Identify **two** professional/ethical issues that a counselor should uphold during group counseling. 2 Marks
- e) Describe any **two** ways that a group leader would use to evaluate group experience during termination stage. 2 Marks

SECTION B : ANSWER ANY THREE (3) QUESTIONS

QUESTION TWO

- a) Outline **two** therapeutic factors of a group. 2 Marks
- b) Describe any **two** characteristics that distinguish a group in the working stage from a group in transition stage. 4 Marks
- c) Describe **two** concepts from the psychodynamic approach that you would incorporate into your style of group leadership. 4 Marks

QUESTION THREE

- a) Discuss any **three** rights of clients during the course of the group. 3 Marks
- b) Explain **three** roles of the group leader at the initial stage. 3 Marks
- c) Discuss any **two** barriers to effective therapy in Person-Centered approach. 4 Marks

QUESTION FOUR

- a) Explain the term catharsis as used in group counselling. 2 Marks
- b) Discuss **two** functions of ego defense mechanisms. 4 Marks
- c) Explain **two** ways that you would handle a chronic talker in a group counseling session. 4 Marks

QUESTION FIVE

- a) During group counseling some group members can remind a leader about a significant Person in his/her life. Discuss **two** ways you would deal with transference. 4 Marks
- b) Outline any **three** ego defenses that are manifested in the pattern of interaction in the therapeutic group. 6 Marks

QUESTION SIX

- a) Explain the term unconditional positive regard in Person-Centered therapy. 2 Marks
- b) Explain *two* ways your Christian theological understanding of group counseling. 4 Marks
- c) Highlighting your personal areas of growth, explain *two* ways how the course has equipped you to be a better group counseling facilitator. 4 Marks



PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY
SPECIAL EXAM, AUGUST 2020
CAMPUS: VALLEY ROAD CAMPUS
DEPARTMENT: PSYCHOLOGY
COURSE CODE: COU 3213
COURSE TITLE: MARRIAGE AND FAMILY THEORIES

EXAM DATE:
DURATION: 3 HOURS
TIME:

INSTRUCTIONS:

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

SECTION A : COMPULSORY (10 MARKS)

QUESTION ONE

- a) Outline **two** roles of Marriage and Family Therapists. 2 Marks
- b) Briefly discuss the two important components of joining as a therapeutic technique. 4 Marks

Examine the case study of George and Betsy below and answer the questions that follow.

George and Betsy have been married for over ten now but they have never moved from his parents homestead. Betsy has a mother-in-law whom she describes as impossible and intrusive as she interferes in her marriage. George cannot take any decision without consulting the mother.

On weekends, she always asks George to help with gardening and house chores and he is happy to do it for the mother. He spends most of the time in her house despite his father disapproving it. Betsy and George started drifting apart a few months after their first born daughter was born and now they are like two trees, growing but rarely touching each other. Betsy finds it hard to communicate with George and she keeps all the pain and hurt to herself. She turns all her attention to her daughter.

- c) Explain **one** therapeutic issue that Betsy is likely to bring out in couple therapy. 2 Marks
- d) Discuss one assumption of Bowenian Family Systems regarding the process of change that George and Betsy would adopt. 2 Marks

SECTION B : ANSWER ANY THREE (3) QUESTIONS

QUESTION TWO

- a) Identify **two** ways that a family therapist would consider in dealing with transference. 4 Marks
- b) Discuss any **three** interventions of Solution Focused Therapy. 6 Marks

QUESTION THREE

- a) Discuss the importance of joining as a process of therapy. 2 Marks
- b) Discuss **two** theoretical assumptions of narrative therapy. 4 Marks
- c) Explain, with examples, any **two** types of clients in Solution Focused Therapy. 4 Marks

QUESTION FOUR

- a) Describe **two** emotional wellness activities. 2 Marks
- b) Discuss **two** differences between individual and family theories. 4 Marks
- c) Outline **two** goals of family therapy. 4 Marks

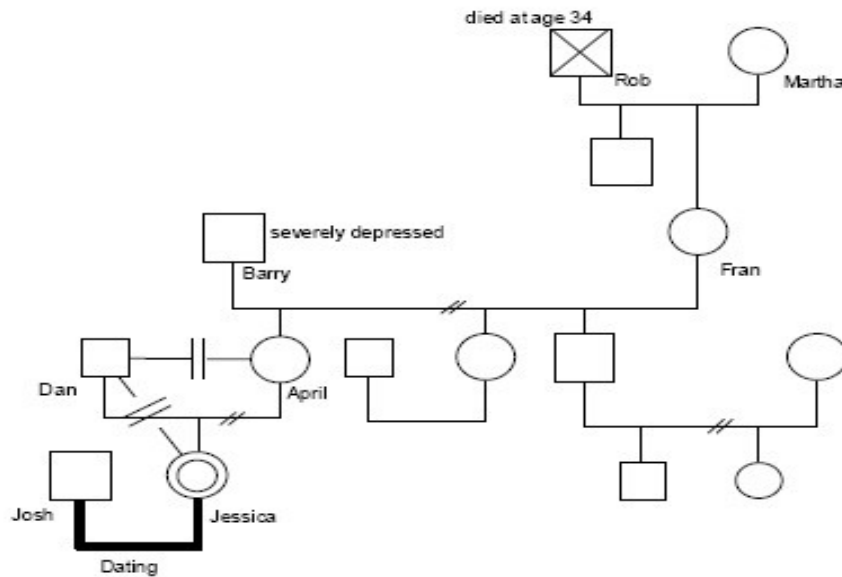
QUESTION FIVE

- a) Discuss **two** roles of therapists in Cognitive Behavioral Therapy. 2 Marks
- b) Describe **two** theoretical assumptions of Cognitive Behavioral Therapy. 4 Marks

- c) One of Salvador Minuchin's belief in systems therapy is that rigidity leads to crisis.
Discuss this belief with **two** examples. 4 marks

QUESTION SIX

A Genogram is widely used by family therapists, both as an assessment and a therapeutic tool to map family relations. Examine Jessica and Josh's genogram and answer the questions that follow.



- a) Discuss the significance of family genogram in your Christian faith. 3 Marks
b) State the number of Barry and Fran's children and indicate their gender. 3 Marks
c) Discuss two noticeable family relationship pattern in Josh and Jessica's genogram. 4 Marks



PAN AFRICA CHRISTIAN UNIVERSITY

BA IN COUNSELING PSYCHOLOGY

SPECIAL EXAM, AUGUST 2020

CAMPUS: ROYSAMBU DAY

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU 3122

COURSE TITLE: CLINICAL SUPERVISION 11

EXAM DATE:

TIME: FROM:

TO: (3 HOURS)

INSTRUCTIONS

- Read ALL questions carefully before attempting.
- Write your **student number** on the answer booklet provided.
- Answer the questions according to the instructions given at the beginning of each section.
- This Exam Script has **TWO** (2) Sections.
- Section “A” is **COMPULSORY**.

- Answer any **THREE** questions in section “B”

END OF TERM EXAMINATION

Answer all questions in Section “A” and any three in section “B”

SECTION A: (COMPULSORY) – (10 MARKS)

Question 1 (A)

Demonstrate how identifying traditional cultural/religious biases in the clients’ worldview of their problems can assist in the counseling process (4 marks).

Question I (B)

Read the following case study and answer the questions that follow (6).

Emeka is a 43-year-old man who was born with Cerebral-Palsy, although little physical evidence of the condition is present. He is in his fifth marriage and has minimal contact with his two sons from his first marriage. Emeka has opened himself up to therapy in hopes that he will be able to improve his relationship with his sons. His sons have expressed that their step-father is more of a father than Emeka will ever be. Emeka has expressed his desire to be a good father to his children and how hurt he is at their actions. The sons are yet to return the desire to have a father-son relationship with Emeka. He longs to have a healthy relationship with his children but they have made no effort to spend time with him or even communicate with him. This has caused him stress and sleepless nights.

- Indicate three (3) presenting problems from Emeka’s story (3)
- Describe your conceptualization of Emeka’s saturated story in three sentences (3).

SECTION B: ANSWER ANY THREE QUESTIONS IN THIS SECTION (30 marks)

Question 2

- Evaluate four (4) personal aspects that might interfere or assist in the helping process (4 marks).
- Demonstrate measures therapists need to take to avoid bringing their own problems into the counseling session (4 marks)

- (c) Explain the term incongruence in Client Centered Approach (2)

Question 3

- (a) Discuss three (3) interventions that Solution Focused therapists can use to assist clients during therapy (6 marks).
- (b) Demonstrate two (2) strengths of Cognitive Behavior Therapy (4 marks).

Question 4

- (a) Discuss two (2) of the six factors Rogers identified as key to stimulate growth within an individual (4 marks).
- (b) Describe the terms non-pathologizing and externalizing as used in Narrative approach (4 marks).
- (c) Illustrate the importance of peer debriefing after a practicum session (2 marks).

Question 5

- (a) Analyze three (3) techniques that Narrative therapists may use to help clients change their story (6 marks).
- (b) Discuss two (2) situations when counseling professionals may be considered as having behaved unethically towards their supervisees (4 marks).

Question 6

- (a) Demonstrate how a client may benefit from integrating spirituality in therapy (4 marks).
- (b) Therapists are encouraged to be eclectic when helping clients. Discuss this statement (4 marks).
- (c) Discuss two reasons why it is important for a therapist to respect differences in cultural values and traditions (2)



PAN AFRICA CHRISTIAN UNIVERSITY

BA IN COUNSELING PSYCHOLOGY

SPECIAL EXAM, AUGUST 2020

CAMPUS: ROYSAMBU DAY

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU 1113

COURSE TITLE: LIFE SKILLS AND PERSONAL DEVELOPMENT

EXAM DATE:

TIME: THREE HOURS

INSTRUCTIONS

- Read ALL questions carefully before attempting.
- Write your **student number** on the answer booklet provided.
- Answer the questions according to the instructions given at the beginning of each section.
- This Exam Script has **TWO** (2) Sections.
- Section “A” is **COMPULSORY**.

- Answer any **THREE** questions in section “B”

END OF TERM EXAMINATION

Answer all questions in Section “A” and any three in section “B”

SECTION A: (COMPULSORY) – (10 MARKS)

Question 1 (A)

Read the following case study and answer the questions that follow (6).

Jasmin, a young woman grew up in a single-parent home with three siblings. She had to work evenings and weekends while in high school to help support her family. Her schedule left little time for socializing. After graduation, Jasmin landed a full-time job in a real estate office. Her customer care duties included greeting clients and suppliers and organizing home inspections. Jasmin struggled with the aspects of her job that required her to work with others. Another office worker, Remy, took the time to give Jasmin some pointers to greeting clients, being assertive with difficult suppliers and establishing good relationships with her coworkers. Jasmin appreciated Remy’s help, accepted her suggestions, and worked hard to improve her skills. Jasmin had taken several computer courses in high school and was able to compile a list of websites of interest to the suppliers in her office. The suppliers praised Jasmin for her extra effort on their behalf. Jasmin’s self-confidence began to soar. She taught herself to post new listings on the company’s website and she began to set goals and make plans to reach these goals.

- i. Discuss three (3) challenges that Jasmin was battling with before she met Remy (3 marks)
- ii. Analyze what three (3) actions Jasmin could have taken to improve herself and her performance (3 marks)

Question 1 (B)

Illustrate the importance of emotional intelligence in creating healthy relationships (2 marks)

Question 1 (C)

Explain the importance of intrinsic motivation (2 marks).

SECTION B: ANSWER ANY THREE QUESTIONS IN THIS SECTION (30 marks)

Question 2

- i. Demonstrate two (2) steps to help in building self-esteem (4 marks).
- ii. Discuss two (2) of the five needs by Abraham Maslow in his theory of self-concept (4 marks)
- iii. Explain the term creative thinking (2 marks).

Question 3

- i. Analyze the term Smart Goals (5 marks).
- ii. Explain three (3) common causes of lack of motivation (3 marks).
- iii. Describe the term Goal Setting as used by psychologists (2 marks)

Question 4

- i. Discuss the four (4) quadrants of the Johari's Window model of self-awareness (4 marks).
- ii. Analyze three (3) life skills that are not taught in schools and how useful they are for personal development (6 marks).

Question 5

- i. Analyze two reasons Victor Frankl gave as his reason for surviving the holocaust (4 marks).
- ii. Discuss how Virginia Satir connected self-worth and self-awareness (4 marks).
- iii. Explain the relationship between Erik Erikson's third stage and the development of the self-concept (2 marks).

Question 6

- (i) Discuss three (3) skills that are not taught in schools that one may require to be an effective and efficient parent (6 marks).
- (ii) Demonstrate any two (2) skills that a leader may require to be able to manage teams properly (4 marks).



**PAN AFRICA CHRISTIAN UNIVERSITY
DIPLOMA IN COUNSELING PSYCHOLOGY**

SPECIAL EXAM, AUGUST 2020

CAMPUS: ROYSAMBU DAY

DEPARTMENT: COUNSELING PSYCHOLOGY

COURSE CODE: COUD 1113

COURSE TITLE: PSYCHODYNAMIC THEORIES IN COUNSELING

EXAM DATE:

TIME: THREE HOURS

INSTRUCTIONS

- Read ALL questions carefully before attempting.
- Write your **student number** on the answer booklet provided.
- Answer the questions according to the instructions given at the beginning of each section.
- This Exam Script has **TWO** (2) Sections.
- Section “A” is **COMPULSORY**.

- Answer any **THREE** questions in section “B”

END OF TERM EXAMINATION (JAN - APRIL 2020)

Answer all questions in Section “A” and any three in section “B”

SECTION A: (COMPULSORY) – (10 MARKS)

Question 1 A

Analyze one (1) main difference between Freud’s explanations of personality Development and that of Erik Erikson (2 marks).

Question 1 B

Illustrate what Neo-Freudians deemphasized in Freud’s theory of personality development (2 marks).

Question 1 C

Distinguish between Carl Jung’s collective unconscious and Freud’s personal unconscious (2 marks).

Question 1 D

Discuss the term self-actualization (2 marks).

Question 1 E

Explain the meaning of social interest according to Adler (2 marks).

SECTION B: ANSWER ANY THREE QUESTIONS IN THIS SECTION (30 marks)

Question 2

- . (i) Analyze any two (2) personality traits from the list of the big five (4 marks).
- (ii) Distinguish between the ID and Superego and their functions in connection with formation of human personality (4 marks).
- (iii) Explain the term Modeling in connection with Social Learning Theory (2 marks)

Question 3

- (i) Discuss what the term womb envy means and indicate who came up with it (4 marks).
- (ii) Analyze the terms Denial and Rationalization as used by Anna Freud (4 marks).
- (iii) Describe how counter transference manifests during counseling (2).

Question 4

- (i) Explain how Alfred Adler indicated birth order influences personality development (4 marks).
- (ii) Discuss the terms unconditional positive regard and congruence in connection with the counseling process (4 marks).
- (iii) Illustrate what fixation means in Psychoanalysis (2 marks).

Question 5

- (i) Describe any two (2) Psychosocial stages of development (4 marks).
- (ii) Distinguish between operant conditioning and Social Learning theories (4 marks).
- (iii) Explain what self-concept is (2 marks).

Question 6

- (i) Distinguish between the terms ideal self and real self as used in Humanistic Psychology (4 marks).
- (ii) Describe first two (2) levels of human needs in Abraham Maslow's Hierarchy of Needs pyramid (4 marks).
- (iii) Explain the role played by defense mechanisms in personal development (2 marks).



PAN AFRICA CHRISTIAN UNIVERSITY

BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY

SPECIAL EXAM, AUGUST 2020

CAMPUS: VALLEY ROAD

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU 2122

COURSE TITLE: CLINICAL SUPERVISION 1

EXAM DATE:

TIME: THREE HOURS

INSTRUCTIONS

- Read all questions carefully before attempting.
- Write your **student number** on the answer booklet provided.
- Section A is **COMPULSORY**.
- Answer any **TWO** questions in Section B

SECTION A: (COMPULSORY) – 20mks

Question 1 A

Explain the following terms as used in clinical supervision

- | | | |
|------|---------------------------|------|
| i. | Assessment | 2mks |
| ii. | Problem conceptualization | 2mks |
| iii. | Interventions | 2mks |

Question 1 B

- | | | |
|------|---|------|
| i. | Differentiate between Client-identified goals and third-party goals | 4mks |
| ii. | Highlight any TWO types of questions a counselor can ask a client in a collaborative establishment of goals during therapy. | 2mks |
| iii. | Explain any TWO responsibilities of a supervisee | 2mks |

Question 1 C

Read the following case study and answer the questions that follow.

Jennifer is a newly licensed counselor who works at a community mental health center with children who have severe behavioral problems. In her role, she has been assigned two counseling students to supervise. Having completed one theory-based course on clinical supervision in graduate school, Jennifer is nervous about her new role and finally putting her knowledge into practice. Her senior colleague, Victor, who has supervised hundreds of counseling students and will supervise her, encourages Jennifer to relax and just let the supervision happen. He says that all she really needs to do is practice good listening skills and let the supervisee do the rest. According to Victor, if you are a good therapist, you will be a good supervisor.

- | | | |
|-----|---|------|
| i. | What is problematic about Victor's approach? | 2mks |
| ii. | Discuss in two ways what counsel you would give Jennifer if you were her clinical supervisor? | 4mks |

SECTION B: ANSWER ANY TWO QUESTIONS – 20mks

Question 2

- a) Discuss any THREE basic protocols of giving feedback in a therapeutic relationship
6mks
- b) Explain TWO ways in which a counselor can avoid imposing values on clients. 4mks

Question 3

- a. Summarize any TWO formats of writing client notes 4mks
- b. Discuss what “respect for clients” entails in a counseling relationship 4mks
- c. Highlight the purpose of treatment planning 2mks

Question 4

- a. Discuss any FOUR essential elements of the supervisor–supervisee relationship 8mks
- b. Highlight any TWO roles of a supervisor in the counseling profession 2mks

Question 5

- a) Discuss any TWO ways in which a supervisor can establish a healthy and productive relationship with supervisees 6mks
- b) List down any TWO benefits of clinical supervision 2mks
- c) Highlight any TWO characteristics of an effective clinical supervisor 2mks



PAN AFRICA CHRISTIAN UNIVERSITY
BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY
SPECIAL EXAM, AUGUST 2020

CAMPUS: VALLEY ROAD

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU 4232

COURSE TITLE: CLINICAL SUPERVISION III

EXAM DATE:

TIME: (3 Hrs)

INSTRUCTIONS

- Read all questions carefully before attempting.
- Write your **student number** on the answer booklet provided.
- Section A is **COMPULSORY**.
- Answer any **TWO** questions in Section B

SECTION A: (COMPULSORY) – 20mks

Question 1 A

Define the following disorders

- | | | | |
|------|-------------------------------|--------|------|
| i. | Obsessive Compulsive Disorder | '''''' | 2mks |
| ii. | Eating Disorder | | 2mks |
| iii. | Narcissistic disorder | | 2mks |

Question 1 B

Read the following case study and answer the questions that follow

Shib is a 15 years old boy and a student at Malezi high school. He came to therapy presenting the following complains: No interest in studying and doesn't want anything to do with school, he likes chewing Muguka. According to informants, Shib is highly irritable and becomes angry at simple things in the last 3-4 months. He beats his younger brother most of the time without any apparent reason. He has also been stealing things from neighbors for the last one year and lies about everything. According to the counselor, the client has slurred speech, lacks interest in study, is highly irritable, has an injury on his left eyelid and reported cases of insomnia.

- | | | |
|------|---|------|
| iii. | Discuss the possible psychiatric condition that this client is presenting | 6mks |
| iv. | Demonstrate which counseling theory you can use to treat Shib. | 6mks |
| v. | As a counselor, what areas would you explore on to psycho-educate Shib? | 2mks |

SECTION B: ANSWER ANY TWO QUESTIONS – 20mks

Question 2

- d. Highlight any TWO characteristics of responsible caring 2mks
- e. Summarize any FOUR ways in which thoughts maintain distortions 8mks

Question 3

- a. Summarize any TWO importance of POTT journal to a therapist 4mks
- b. Discuss any THREE therapeutic benefits of establishing rapport with clients 6mks

Question 4

- a. Explain any 3 motivational factors of assault as a risk in counseling 6mks
- b. Differentiate between Classical Gestalt and Contemporary Gestalt 4mks

Question 5

- a. Explain any THREE areas of development in behavioral therapy 6mks

Highlight any TWO strategies through which a counselor can promote self-care and holistic wellness 4mks



PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

SPECIAL EXAM, AUGUST 2020

CAMPUS: ROYSAMBU
DEPARTMENT: PSYCHOLOGY
COURSE CODE: COU 2122
COURSE TITLE: CLINICAL SUPERVISION 1
EXAM DATE:
DURATION: 3 HOURS

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your **STUDENT NUMBER** in the Answer Booklet given
- **Answer question 1 and any other THREE questions**
- *Write clearly and legibly.*
- *ALL PAC University's examination rules and regulations apply*

ANSWER ALL THE QUESTIONS IN SECTION I (COMPULSORY) 10Marks

QUESTION ONE

- a. Explain two roles of a Supervisor in Counseling Profession. **(2mks)**
- b. Describe two key components included during case presentation in supervision. **(2mks)**
- c. Illustrate two benefits of Spiritual integration in counselling. **(2mks)**
- d. Explain two Factors that might contribute to clients being Resistant in a counseling process. **(2mks)**
- e. Clarify four skills therapists use in Cognitive Behavioral Therapy **(2mks)**

SECTION II CHOOSE ANY THREE QUESTIONS (30MARKS)

QUESTION TWO

Read the following CASE STUDY and answer questions that follow;

Akim is a 30 year old street hawker with a prison record of robbery with violence and taking drugs. He is currently at a rehabilitation center where the parents think it is profitable for him. He blames his alcoholic stepmother for the life he is living in. He claims his stepmother does not want him living with them in her house. Akim also thinks the father was involved in the mysterious death of his mother. He believes there is nothing wrong with his actions since he didn't have a choice. He explains that he is unique and very successful and only few special people can understand him. He matches himself to a county governor and claims that soon he will be like the president. The therapist visits Akim at the center and starts the sessions.

- a. Conceptualize two issues Akim could be struggling with. **(4mks)**
- b. Explain two of clients presenting issues in the session. **(2mks).**
- c. Describe how the use of the Empty chair technique would bring out desired results as presented by Akim. **(2mks)**
- d. Clarify four clinical goals therapist would come up with in this case study. **(2mks)**

QUESTION THREE

- a. Explain two developmental needs of adolescents that could cause fixation if not successfully achieved According to Erick Erickson Psychosocial Theory. **(4mks)**
- b. Explain the source of maladaptive behavior according to Cognitive Behavioral Therapy. **(2mks)**
- c. Describe two functions of Clinical Supervision in therapy. **(2mks)**
- d. Illuminate two importance of assessment and diagnosis in a counseling session. **(2mks)**

QUESTION FOUR

- a. Clarify two importance of a Theoretical orientation in the process of developing a treatment plan for a client. **(4mks)**
- b. Explain two treatments of depression among the children and the youth **(4mks)**
- c. Describe two reasons therapists would terminate a counseling session. **(2mks)**

QUESTION FIVE

- a. Discuss two responsibilities of the Clinical Supervisee. **(4mks)**
- b. Read the following case study and answer questions that follow;**

Cecil came for counselling feeling unhappy in life and didn't see the meaning to continue living. She feared about her two daughters who are she are now out of school and now living with her elderly mother. During the initial stage, Cecil largely blamed her elder brother-in-law who is fighting her due to inheritance the father in law was dividing now that the husband had married another woman. As she continued talking, the intensity of her

problem and her health status made the therapist express how she felt sorry and pity on her experience. Cecil then asked the therapists to help her talk to the ex-husband and gave me the husband's telephone contact. As a parent the therapist really wanted to help.

- i. Illustrate four issues the client presents in for therapy. **(2mks)**
- ii. Categorize two unethical issues that may come up during therapy.
(2mks)
- iii. Explain how you would use cognitive Behavioral therapy to intervene in Cecil's clinical issues. **(2mks)**



PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

SPECIAL EXAM, AUGUST 2020

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU 2224

COURSE TITLE: COUNSELLING SKILLS AND TECHNIQUES

EXAM DATE:

DURATION: 3 HOURS

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your **STUDENT NUMBER** in the Answer Booklet given
- **Answer question 1 and any other THREE questions**
- *Write clearly and legibly.*
- *ALL PAC University's examination rules and regulations apply*

SECTION A

ANSWER ALL THE QUESTIONS (COMPULSORY) 10Marks

QUESTION ONE

- a. Explain the following terms in counseling (4mks)
 - i. Self- disclosure
 - ii. Transference
- b. Illustrate the first stages of the counseling process (2mks)
- c. Describe four contents of a consents form discussed in the intake session (2mks)
- d. Discuss two Characteristics of an effective counselor (2mks)

SECTION II CHOOSE ANY THREE QUESTIONS (30MARKS)

QUESTION TWO

- a. Explain two differences between empathy and sympathy in counseling skills. (4mks)
- b. Read the following CASE STUDY and answer the questions that follows:**

Liana is a 17 year old client who is serving a two year jail term.(Later opens to you of her actual age which is 24years). She appears untidy with unkempt hair. She looks lost in thoughts and looks down throughout the session. She explains to you that her father was an alcoholic and never took care of her and her two younger siblings. After the death of her mother life become very hard. Lianas father remarried but never stopped alcoholism. The step-mother was very harsh to them since the father was never there for them. Liana does not know how to handle the situation and is no longer interested in life. The friends around her has advised her that drugs would help her overcome her situation.

As she narrated her story at one point she reminded you of your childhood.

- i. Explain two discrepancies presented by Liana that you need to challenge. **(2mks)**
- ii. Describe two of clients presenting issues you would want to explore in Liana's life in order to understand his current life. **(2mks)**
- iii. Clarify what would be two of the clients intended outcomes. **(2mks)**

QUESTION THREE

- a. Describe the importance of SOLER in Relationship building. **(4mk)**
- b. Demonstrate two main purposes of listening skills. **(2mks)**
- c. Illustrate with examples two Benefits of reflection skills. **(2mks)**

QUESTION FOUR

- a. With an example for each explain the following counseling techniques; **(6mks)**
 - i. Enactment
 - ii. Externalizing
 - iii. Scaling in children
- b. Explain two ways a counselor can move on when stuck. **(2mks)**
- c. Mention one importance of culture and diversity that counsellors need to consider.

(2mks)

QUESTION FIVE

- a. Explain the CORE Conditions in the counseling process **(4mk)**
- b. Explore two practices that therapists should avoid during counseling. **(2mks)**
- c. Describe two importance of assessment during the counseling process. **(2mks)**
- d. Illuminate two importance of integrating spiritual values with counselling approaches and techniques. **(2mks)**



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

SPECIAL EXAM, AUGUST 2020

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU1323

COURSE TITLE: HUMAN GROWTH AND DEVELOPMENT

EXAM DATE:

DURATION: 3 HOURS

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your **STUDENT NUMBER** in the Answer Booklet given

- **Answer question 1 and any other THREE questions**
- *Write clearly and legibly.*
- *ALL PAC University's examination rules and regulations apply*

ANSWER ALL THE QUESTIONS IN SECTION I (COMPULSORY) 10Marks

QUESTION ONE

- a. Explain how biological influences affects human growth and behaviors.

(2mks)

- b. Discuss two characteristics of the second stages of prenatal development.

(2mks)

- c. Explain one aspects of the Freudian Theory that affects personality development.

(2mks)

- d. Explain how culture affects Cognitive development of a child in Piaget's Theory.

(4mks)

SECTION II CHOOSE ANY THREE QUESTIONS (30MARKS)

QUESTION TWO

- a. Discuss two factors of cognitive development during adolescence stage of human development.

(4mks)

- b. Explain two principles of Human Growth and Development

(4mks)

- c. Discuss two ways Abraham Maslow's Theory affects the personality of a Human.

(2mks)

QUESTION THREE

- a. Justify the following concept in human growth and development.
“Development follows a direction and uniform pattern in an orderly manner”. **(4mks)**
- b. Describe two factors that affects human development. **(4mks)**
- c. Illustrate one difference between Erikson’s and Freud’s third stage of human development. **(2mks)**

QUESTION FOUR

- a. Compare and contrast the contributions of heredity (nature) versus environment (nurture) to various aspects of human development.

4mks)

- b. Explain two Risk factors for developing psychological problems at each stage of the lifespan.

(2mks)

- c. Clarify two Comparisons of Growth and Development.

(2mks)

- d. Describe how Social learning Theory add to the study of child growth and development. **(2mks)**

QUESTION FIVE

- a. Describe the middle age crisis by citing two suitable examples. **(4mks)**
- b. Explain why infancy period is a critical period in development. **(4mks)**
- c. Evaluate the concept of personality in Behavioral Theories. **(2mks)**



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

**END OF SEMESTER EXAMINATION BA DEGREE IN
COUNSELLING PSYCHOLOGY**

JAN - MAY 2020 SEMESTER SPECIAL EXAM

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU 2324

COURSE TITLE: ASSESSMENT AND PROCESS IN COUNSELLING

EXAM DATE: SEPTEMBER 8, 2020

DURATION: 3 HOURS

TIME: 8:00 AM – 11:00 AM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your **STUDENT NUMBER** in the Answer Booklet given
- **Answer question 1 and any other THREE questions**
- *Write clearly and legibly.*

➤ *ALL PAC University's examination rules and regulations apply*

SECTION A: ANSWER ALL QUESTIONS

Question 1 (30 marks)

- a) State two functions of the genogram in assessment (4 marks)
- b) Explain with two examples what is meant by family of origin (4 marks)
- c) Outline two significances of confidentiality in counselling (4 marks)
- d) Describe why marital infidelity is the most difficulty to handle in counselling (6 marks)
- e) Discuss two conflicts a gay or lesbian client brings to a Christian counselor (6 marks)
- f) Identify and discuss two behavioral challenges an only male child among three sister is likely to develop (6 marks)

SECTION B: ANSWER TWO QUESTIONS ONLY (30 marks)

Question 2

- a) State any two items found in a client's demographic information (4 marks)
- b) Explain in two ways what is meant by "defining the client's problem" in assessment process (6 marks)

Question 3

- a) Explain two ways a child is assessed in a counselling process (4 marks)
- b) Discuss in two ways a counsellor's interviewing skills and techniques are important despite the use of theories (6 marks)

Question 4

- a) State any two categories found in mental status examination process (4 marks)
- b) Distinguish between major depressive disorder (MDD) and bipolar (6 marks)

Question 5

- a) Explain how you would handle pathologies classified under Multiaxial approach Axis II (4 marks)
- b) Describe any three symptoms to be present to meet a depressive disorder (6 marks)



**COURSE TITLE: ASSESSMENT AND PROCESS IN COUNSELING
CODE: COU2124**

**EXAM DATE:
DURATION: 3 HOURS
TIME:
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 **THREE** questions in **SECTION B**
- *Write clearly and legibly.*

SECTION A ANSWER ALL QUESTIONS 10 MARKS

QUESTION 1

Mpenzi is twenty-five years old, lives at home, and has just finished her bachelor degree. She is trying to find a job and has unsuccessfully applied for a number of different positions. Yesterday Mpenzi received another rejection letter. She sat in her room all night, feeling very frustrated, surfing the Internet, and crying. The next day, Mpenzi discloses to her therapist that she has no reason why she should apply for any other job. Besides, she has withdrawn from her friends, lost interest in her favourite hobbies, and she is beginning to gain weight. She is angry about how things have turned out. She laments that yesterday's letter pierced her to the core – jobs are not meant for her! She laments. She has been referred to you to help her unpack the backpack.

- a) Apply the Narrative Therapy Model to conceptualize Mpenzi's issues. (2 Marks)
- b) Describe the interventions from the Narrative Therapy Model that you will use to treat her coping stance(s) in (c) above. (4 marks)
Marks)
- c) Evaluate other mental health workers you will:
 - i. prefer to work collaboratively with in helping this client. (2 marks)
 - ii. Explain your reasons for selecting this mental health worker. (2 marks)

SECTION B: ANSWER ANY THREE QUESTIONS 30 MARKS

QUESTION 2

- a) Analyze why people seek help from Satir Growth Model. (2 Marks)
- b) Justify the main concepts in Cognitive Behavioural Therapy (4 Marks)
- c) Illustrate how/when the following concepts are used in Solution Focused Brief Therapy (SBFT):
 - a. Miracle Question. (2 Marks)
 - b. Scaling Question. (2 Marks)

QUESTION 3

- a) Examine three key aspects why working with families is hard for beginning therapists. (6 Marks)

- b) Explain why collaborative goal setting is important. (4 Marks)

QUESTIOTN 4

- a) Provide a summary of three key concepts in Structural family therapy. (6 Marks)
b) How is structural therapy important in parenting from a biblical perspective? (4 Marks)

QUESTION 5

- a) Provide a summary of three ethical considerations that counsellors must pay attention in group counselling. (6 Marks)
b) Demonstrate the four steps that you need to address when writing useful client goals. (4 Marks)

QUESTION 6

- a) Critique three reasons why a theory is important in counselling process. (6 Marks)
b) Explain in four ways why you may need to terminate therapy with any client. (4 Marks)



**PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY**

**MAY-AUGUST 2020 SEMESTER
CAMPUS: ROYSAMBU CAMPUS
DEPARTMENT: PSYCHOLOGY
COURSE CODE: COU 2321
COURSE TITLE: LOSS AND GRIEF
EXAM DATE:
DURATION: 3 HOURS
TIME:
DAY CLASS**

Instructions answer question one and any other three

SECTION A COMPULSORY

Question one

- a) Differentiate the term grief from bereavement (2 marks)
- b) Distinguish instrumental from intuitive grieving (2 marks)
- c) Identify any two symptoms of grief (2 marks)
- d) Distinguish grief from complicated grief (2 marks)
- e) Explain any two circumstances in which a grieving client should seek for professional help (2 marks)

Question two

- a) A client has been referred to you for counselling. She lost her four year old child due to a terminal illness. Using Kubler Ross stages of grief, discuss how you would counsel such a client (4 marks).
- b) "Grief is universal , griever's are distinctive". Discuss the above statement. (2 marks)
- c) Discuss any two factors that influence the duration of grieving (4 marks)

Question three

- a) Critically examine any two tasks of grieving as outlined by William Worden (6 marks)
- b) A client who is grieving comes to you for therapy. He is very angry . Identify some of the people he may be angry with and how you would help him deal with the anger(4 marks).

Question four

- a) Critically examine any three symptoms of complicated grief (6 marks)
- b) Discuss any two causes of complicated grief (4 marks)

Question five

You have diagnosed a client with complicated grief. Discuss any three components you would recommend in your treatment plan (6 marks).

Discuss any two reasons why grief may be disenfranchised (4 marks)

Question six

a) Differentiate grief from depression (4 marks)

Using examples, discuss any three reasons why therapists may require to keep cultural influences in mind when counselling bereaved clients (6 marks)



**PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY**

**MAY-AUGUST 2020 SEMESTER
CAMPUS: ROYSAMBU CAMPUS
DEPARTMENT: PSYCHOLOGY
COURSE CODE: COU 4223
COURSE TITLE: PSYCHOLOGICAL TESTING
EXAM DATE:
DURATION: 3 HOURS
TIME:.....
(DAY CLASS)**

Instructions: Answer question one and any other three questions

SECTION A (COMPUSORY)

Question one

- a) Discuss the main use of psychological testing (2 marks)
- b) Explain the term standardization as used in psychological testing (2 marks)
- c) Using examples differentiate dichotomous from polytomous item formats (4 marks)
- d) Differentiate structured from unstructured clinical interviews (2 marks)

SECTION B

Question two

- a) Critically analyse any two ethical principles in psychological testing (6 marks)
- b) Discuss any two types of tests (4 marks)

Question three

- a) Discuss any three guidelines for item writing (6 marks)
- b) Analyse any two advantages of true/false tests (4 marks)

Question four

- a) Discuss the importance of a clinical interview as an assesment tool (4 marks)
- b) Using examples, differntiate personality assesment from behavioural assesment (6 marks)

Question five

- a) Discuss any three steps that need to be followed when conducting a clinical interview (6 marks)
- b) Discuss any two challenges counsellors are likely to encounter when conducting clinical interviews (4 marks)

Question six

- a) Discuss any four components of a Mental Status Examination (MSE) (8marks)
- b) Differentiate peronality test from a mental status examination (2marks)



**PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY**

**MAY-AUGUST 2020 SEMESTER
CAMPUS: ROYSAMBU CAMPUS
DEPARTMENT: PSYCHOLOGY
COURSE CODE: COU 4323
COURSE TITLE: PREMARITAL COUNSELLING
EXAM DATE:
DURATION: 3 HOURS
TIME:.....
(DAY CLASS)**

Instruction: Answer question one and any other three

Section A COMPULSORY

Question one

- a) Explain the term premarital counselling (2 marks)
- b) Critically analyse three reasons why people people get married (3 marks)
- c) Discuss any three factors that influence mate selection (3 marks)
- d) Discuss any one personality temperament and its contribution to in understanding spouses behaviour (2 marks).

SECTION B

Question two

- a) Critically examine any five ways in which family backgrounds influence choice of marriage partners (5 marks)
- b) Discuss any five goals of premarital counselling (5 marks)

Question three

John got married to Esther two years ago. When they first got married, the couple used to enjoy many meaningful conversations. A year ago they got their first child. In addition, John got a high paying job. Most of his colleagues are ladies. Esther has a part-time job as a nurse in a nearby hospital. She has also invited her sister to come and live with them. John and Esther hardly talk. They seem angry with each other most of the time.

- a) Discuss any two causes of poor communication in this marriage (4 marks)
- b) Identify any two changes that the couple needs to make in their lives (2 marks)
- c) Suggest two ways in which this couple can deal with their misunderstandings. (4 marks).

Question four

- a) Using examples discuss any five differences between men and women's needs (5 marks)
- b) Illustrate with examples how the above differences can lead to marital conflicts (5 marks)

Question five

- a) Discuss the importance of communication in marriage (5 marks)
- b) Illustrate any two ways in which spouses can build intimacy in their marriage (5 marks)

Question six

- a) "Conflicts are inevitable in a marriage relationship" Discuss the above statement (4 marks)
- b) Discuss any three ways in which conflicts can be resolved in marriage (6 marks)