



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

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

SEPTEMBER-DECEMBER 2019

CAMPUS: VALLEY ROAD

DEPARTMENT: COUNSELLING PSYCHOLOGY

COURSE CODE: COU3313

COURSE TITLE: SPIRITUAL RESOURCES IN COUNSELING

EXAM DATE: TUESDAY 3RD DECEMBER 2019

DURATION: 2 HOURS

TIME: 5:30PM-7:30PM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your **STUDENT NUMBER** in the Answer Booklet given
- *Write clearly and legibly.*
- This exam script consists of **Six (6)** questions.
- Answer **question ONE** and **Any other three (3)** questions
- *ALL PAC University's examination rules and regulations apply*

QUESTION ONE: COMPULSORY

- a. Distinguish spirituality from religion. **(4 Marks)**

Case study: Towards the end of the third session, your client tells you that he or she wants to pray with you about the presenting problems.

- b. Explain two parameters you would consider setting prior to any statement you make. **(6 Marks)**
- c. Discuss two factors that you would consider in assessing the spirituality of the above client? **(6 Marks)**
- d. Describe four markers of religious pathology. **(10 Marks)**
- e. Identify two approaches a counselor can use to create a safe environment for spiritual or religious integration in counseling. **(4 Marks)**

QUESTION TWO:

A woman comes to you for counseling with regard to her husband who is a Pastor. She tells you that her husband has been watching pornography for the last 4 years. She also tells you that she has tried to persuade him to go for counseling but he has refused. Last weekend, the woman found her husband exposing their 5 year old son to pornography. He promised the son a phone for Christmas. The woman tells you that she is considering exposing her husband in Church and decided to come and seek your guidance on how to go about it. Her husband has threatened to kill her should she tell anybody about his behaviour. The woman tells you that she would rather die than divorce her husband because she loves him dearly.

- a. In two paragraphs, discuss how you would respond to the above client **(6 Marks)**
- b. Suggest two treatment approaches a counselor can use with this client **(4 Marks)**

QUESTION THREE

- a. Discuss two benefits of integrating spirituality in counseling. **(6 Marks)**
- b. Highlight two common barriers between spirituality and psychology. **(4 Marks)**

QUESTION FOUR

To work effectively with a client's values, a counselor needs to understand the cultural context of those values.

- a. Identify two most adaptable counseling approaches in working with spiritual and religious diversity. **(4 Marks)**
- b. Explain two roles of a spiritual integrative counselor. **(6 Marks)**

QUESTION FIVE

- a. Describe any two ways a counselor can equip him or herself so as to effectively work with spiritual diversity in counseling. **(6 Marks)**
- b. Suggest two ways a counselor can avoid countertransference when working with spiritual or religious clients. **(4 Marks)**

QUESTION SIX

- a. Explain two reasons why assessing a client's spiritual or religious view is important **(6 Marks)**
- b. Outline two ways a counselor can help a client develop his or her spiritual dimension. **(4 Marks)**