



PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS COUNSELLING PSYCHOLOGY
MAY - AUGUST 2022

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU3122

COURSE TITLE: CLINICAL SUPERVISION II

EXAM DATE:

TIME:

INSTRUCTIONS

- Read the questions carefully before attempting.
- This Exam accounts for thirty **(40)** per cent of your total grading.
- The Exam has two sections – Section A and B.
- Section A has a compulsory question that carries **TWENTY (20)** marks. Attempt all the sections.
- Section B has **four (4)** questions, each carrying **TWENTY (20)** marks. You are required to answer any **two (2)**.
- Only the first two questions from section B attempted on the exam platform will be marked. If you do not wish that to happen, delete any answers you do not wish marked.

ALL PAC University's examination rules and regulations apply

SECTION A: ATTEMPT ALL QUESTION. (20 Marks)

QUESTION ONE

Case study

Sifa is 22 years old currently studying Human Resource and Administration. However lately she rarely attends classes and states that she has lost interest in her studies. Sifa also works as a part time Administrator in a nearby school. She has held this job for over a year, however she has been calling in sick recently because she is always feeling tired. She is currently in a relationship with David who is 25 years. Sifa describes David as very supportive but after her grandmother passed away, she feels she has been distancing herself from him.

Sifa was raised by her paternal grandmother, after her mother abandoned her after birth. She had very little contact with her mother until age of 14, however she has regular contact with her father and she remains close to him. Sifa has 2 younger half-brothers on her father's side, and one half-sister on her mother's side. Since contact with her mother began, Sifa has become very close to her half-sister, and she states that her relationship with her mother is improving. She was told by her pastor to forgive her mother but she is still not free to discuss personal issues with her.

Client problem saturated story

After the death of her grandmother six months ago Sifa had been feeling low in mood and distant from her partner. Sifa said that she loved her grandmother dearly. Since the time she lost her grandmother Sifa has been feeling unmotivated, and sad most of the time. She states that she is still unable to talk or think too much about her grandmother as it makes her too upset (this was also evident in the interview by her physical reaction to speaking of her grandmother).

1A.

- a) i) Conceptualize four client's signature theme from the history presentation. (4 marks)
ii) Justify the basis for your conceptualizing of each of the four themes. (4 marks)
- b) Describe at least two therapeutic clinical goals. (4 marks)
- c) i) Discuss any two theoretical approaches that you would use to treat the client. (2 marks)
ii) Explain your two reasons for choosing the two approaches. (2 marks)
- d) Demonstrate any two biblical teachings that would be of help to Sifa as a believer.(2 marks)

- 1B.** Explain two ways Sifa would use support from the church community she belongs to.
(2 marks)

SECTION B: ATTEMPT ANY TWO QUESTION FROM THIS SECTIONS.

Analyze the role of the following counseling techniques in therapy

- i) Therapist reflection. (4 marks)
- ii) Confrontation. (4 marks)
- iii) Immediacy. (2 mark)

QUESTION THREE

- a) Explain two ways of attending to spiritual materials in therapy. (4 marks)
- b) Describe three benefits of a client's genogram in a counseling process. (6 marks)

QUESTION FOUR

- a) Evaluate two usefulness of person of the therapist supervision instrument. (4 marks)
- b) Discuss three therapeutic concept in CBT. (6 marks)

QUESTION FIVE

- a) Discuss two reasons why a client might be resistance to goal setting. (4 marks)
- b) Identify three guiding principles you would consider in preparing the treatment plan that reflects the characteristics of your client. (6 marks)