



**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 2017**

**CAMPUS: ROYSAMBU**

**DEPARTMENT: COUNSELING PSYCHOLOGY**

**COURSE CODE: COU3313**

**COURSE TITLE: SPIRITUAL RESOURCES IN COUNSELING**

**EXAM DATE: MONDAY 11<sup>th</sup> DECEMBER 2017**

**TIME: 2.00PM-4.00PM**

**INSTRUCTIONS**

- Read all questions carefully before attempting.
- Write your **student number** on the answer booklet provided.
- Section A is Compulsory and carries thirty (30) marks.
- Answer any TWO questions in Section B. Each question in this section carries fifteen (15) marks.
- Indicate the questions you have answered on the cover page of the Answer Booklet

**SECTION A: This section has ONE question which is compulsory**

1. Mtego has approached you for therapy. In the recent past, he has felt very defeated. Though a Christian, he had not found a job since completing an undergraduate degree course. He had lost his father and his paternal uncle had disinherited them of their father's land. He did not like admitting it but had started developing doubt as to whether God looked upon him with love. His presenting issues included discouragement and need for career guidance. He preferred a Christian counsellor.
  - a) Explain why you would want to integrate spirituality in treating Mtego. 2 marks
  - b) Identify three kinds of Christian counsellors that would likely be available for Mtego. 3 marks
  - c) For each of the Christian counsellor mentioned above, explain their characteristic that distinguishes how they are likely to support the spiritual materials in Mtego's case. 6 marks
  - d) Explain the significance of assessing Mtego's faith 6 marks
  - e) If you were Mtego's counsellor, what reasons would you have for assessing his religious and spiritual views? 5 marks
  - f) Discuss the resources you would get from Mtego's life map that would be helpful in understanding Mtego's spirituality 8 marks

**SECTION B: Attempt any TWO(2) questions in this section**

2. a) For each of the domains listed below, construct three questions you would use to explore a client's spiritual content:
  - i. Affects
  - ii. Cognitive
  - iii. Behaviour(3 marks each) 9 marks
- b) Describe three explicit spiritual tools you would use for treatment of your clients. 6 marks
3. a) The following two areas are among those considered important in evaluating ethical practice in integration of spirituality and religion. For each of them, show how ethical practice is reflected:
  - i. Communication
  - ii. Diagnosis and treatment6 marks
- b) Kendo marked in his client notes, "religious pathology". Give at least five (5) of the markers he may need to find in the client to justify that diagnosis. 5 marks
- c) Specify any four of the indicators that would mark out a client as having spiritual maturity. 4 marks
4. This study is on an elderly woman's experience of suffering. It explores experiences of suffering in a group of community dwelling elders (60+) living in a central city. In this case, an elderly woman's gender and religious identities merge in her stories of suffering, which include the memory of a childhood disability and an incident of clergy abuse that occurred 40 years earlier. Due to this suffering the elderly woman was not able to sustain her marriage and her childhood ordeals are vivid in her.
  - a. Discuss the therapeutic issues in the above study. 4mks
  - b. Identify the types of suffering found in this case study. 5mks
  - c. Highlight the general themes of suffering found in the study. 6mks
5. Discuss the Gestalttheoretical framework and highlight the following; 15mks
  - a. Key therapeutic concepts of the theory 5 marks
  - b. The cultural context of the theory 5 marks
  - c. Spiritual integration into the theory 5 marks