



**PAN AFRICA CHRISTIAN UNIVERSITY**

**SCHOOL OF HUMANITIES AND SOCIAL SCIENCES**

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

**MAY - AUGUST 2023 SEMESTER**

**CAMPUS: ROYSAMBU**

**DEPARTMENT: PSYCHOLOGY**

**COURSE CODE: COU 3313**

**COURSE TITLE: SPIRITUAL RESOURCES IN COUNSELLING**

**EXAM DATE:**

**DURATION: 3 HOURS**

**TIME: 6.00 PM**

**INSTRUCTIONS**

- Read the instructions and questions carefully before you write the answers.
- **Answer question 1 and any other TWO questions**
- *ALL PAC University's examination rules and regulations apply*

## **SECTION A: COMPULSORY (20 MARKS)**

### **Question 1**

- a) Distinguish between religion and spirituality (2 Marks)
- b) Explain **ANY TWO** psychopathologies that has spirituality is effective in mitigating (4 Marks)
- c) Discuss **ANY TWO** qualifications needed for a therapist to integrate spirituality in their practice (4 Marks)
- d) Describe situations a therapist may encounter when integrating spirituality in their practice in the following:
  - (i) Dual relationship (2 Marks)
  - (ii) Practicing outside of their boundaries and competencies (2 Marks)
- e) A client who is planning to leave a cult has come to you for therapy. Discuss **ANY THREE** criteria that define a cult which will guide your therapy (6 Marks)

## **SECTION B: ANSWER ANY TWO QUESTIONS (20 MARKS)**

### **Question 2**

- a) Explain **ANY TWO** benefits of spirituality to mental health (4 Marks)
- b) Describe **ANY THREE** prejudices from a therapist's spirituality that may influence therapeutic process (6 Marks)

### **Question 3**

- a) Using Object Relations Theory, expound on **ANY TWO** objects in religion/spirituality that meets the client's needs (4 Marks)
- b) Discuss **ANY THREE** mental health matters that pastoral counselling is most suitable to handle (6 Marks)

### **Question 4**

- a) Illustrate the following principles applied in pastoral counselling:
  - (i) The focus (2 Marks)
  - (ii) Dynamics of listening (2 Marks)
- b) Discuss **ANY THREE** ways spirituality influences a person's functioning (6 Marks)

### **Question 5**

- a) Explain **ANY TWO** competencies a counselor needs to integrate spirituality in their practice (4 Marks)
- b) Describe **ANY THREE** makers of religious pathology (6 Marks)



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**MAY – AUGUST 2023 SEMESTER**

**CAMPUS: ROYSAMBU**

**DEPARTMENT: PSYCHOLOGY**

**COURSE CODE: COU 4312**

**COURSE TITLE: PSYCHOLOGY OF ADOLESCENTS**

**EXAM DATE:**

**DURATION: 3 HOURS**

**TIME: 6.00PM**

**INSTRUCTIONS**

- Read the instructions and questions carefully before you write the answers.
- **Answer question 1 and any other TWO questions**
- *ALL PAC University's examination rules and regulations apply*

## **SECTION A: COMPULSORY (20 MARKS)**

### **Question 1**

- a) Explain in **ANY TWO** points how adolescence phase of development intrigues parents (4 Marks)
- b) Discuss **ANY TWO** sources of impulsive behavior and difficulties in regulating emotions in adolescents (4 Marks)
- c) Describe **ANY TWO** milestones expected to be achieved during Intimacy Versus Isolation phase psychosocial stage of development (4 Marks)
- d) Outline **ANY TWO** biological sources to adolescent problems (4 Marks)
- e) Illustrate in **TWO** ways how secure attachment with parents can influence an adolescence to adopt the parents religion (4 Marks)

## **SECTION B: ANSWER ANY TWO QUESTIONS (20 MARKS)**

### **Question 2**

- a) Explain **TWO** ways the family environment promotes development of identity in adolescents (4 Marks)
- b) Analyze **ANY THREE** socialization differences in adolescent males and females (6 Marks)

### **Question 3**

- a) With reference to the Diagnostic Statistical Manual (DSM V), explain **TWO** psychopathologies likely to present in adolescent males (4 Marks)
- b) In **THREE** ways, demonstrate your knowledge on the influence the media has on female adolescent overall development (6 Marks)

### **Question 4**

- a) Discuss **ANY TWO** factors leading to adolescent psychological problems (4 Marks)
- b) Describe the **THREE** capacities used in the measurement of moral development (6 Marks)

### **Question 5**

- a) Explain **ANY TWO** behaviors influenced by hormone testosterone in adolescent males (4 Marks)
- b) Justify in **THREE** ways the influence religion has on positive roles in adolescents (6 Marks)