



PAN AFRICA CHRISTIAN UNIVERSITY

END OF SEMESTER EXAMINATION FOR BACHELOR IN COUNSELING

MAY-AUGUST 2021

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU 3233

COURSE TITLE: GROUP COUNSELING

EXAM DATE: 2/8/2021

TIME: 11:15am-2:15pm

INSTRUCTIONS

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

SECTION A – Answer all Questions (20 marks)

QUESTION ONE

Differentiate between the following words.

- a) Transference and countertransference. (2 marks)
- b) Closed and open group.(2 marks)
- c) Describe three advantages of group counseling. (6marks)
- d) Read the following conflict case below and answer the question given.

Joyce: I have to be honest, I am getting so frustrated and angry with this group

Leader: Tell me more about your anger and frustration.

Joyce: You are not helping us get better, you just say stuff like ‘It sounds like you are angry, tell me more about that. That’s so boring of you’.

Leader: Well, I am trying to tell you now but you are being hostile

Joyce: Hostile? I am not being hostile. I am trying to get help and you suck so bad at group, you cannot do anything.

Leader: Now see, that’s what I call being hostile. Attacking me isn’t going to help. In fact it reminds me of the pattern you have with your father.

Joyce: Shut up! You are so shameless stop dragging my dad into this after all I am not even in this group for my relationship with my dad. I am here to learn parenting strategies. I seriously don’t think you know what the hell you doing here.

Leader: Can you also shut up, you can as well leave the group, and you are stubborn we do not need your breed in this group. Let me inform you that I have facilitated groups for over ten years and have been evaluated very highly by the past clients.

Joyce: Really? You liar I bet you aren’t even a doctor. Where did you go to school?

Leader: No I am not a doctor. I am a licensed psychotherapist

Joyce: See I knew it you can never amount to anything.

Leader: You have such a filthy mouth, look for another group, I do not need you here

Joyce: You think this is the only group I can join? Nonsense. (Clicks and walks away)

Leader: (turns to the other group members) the group rules I have set must be followed.

Question

- a) Identify and illustrate four shortcomings of the group leader. (8 marks)

SECTION B: Answer any two (20 marks)

QUESTION TWO

- a) Using illustrations discuss two challenges faced by beginning group counselors. (4marks)
- b) Analyze ways in which a group counselor can apply any three Gestalt theory techniques in facilitating a group. (6 marks)

QUESTION THREE

Mary has a desire to form a female adolescent group but she has no idea on how to start such a group.

- a) Outline any two ethical issues in group counseling. (2 marks)
- b) Analyze four steps for initiating a group that would help Mary form the desired group.(8 marks)

QUESTION FOUR

- a) Describe two ways in which the personality and character of a group counselor can inhibit group progress. (4 marks)
- b) Discuss three challenges that group counselors may experience when terminating a group and how they can deal with these challenges. (6 marks).

QUESTION FIVE

- a) Outline two ways that group counselors can use in dealing with anxiety in the initial session of group counseling. (2 marks)
- b) Using illustrations discuss four ways that a group counselor can use to ensure effectiveness of a group.(8 marks)