PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE DEGREE OF MASTER OF ARTS IN COUNSELLING PSYCHOLOGY
MAY-AUGUST 2025

CAMPUS: ONLINE
DEPARTMENT: PSYCHOLOGY
COURSE CODE: MCP 603
COURSE TITLE: GROUP COUNSELING
EXAM DATE:
TIME:

INSTRUCTIONS

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

SECTION A – Answer all Questions (20 marks)

QUESTION ONE

A) Describe your understanding of the term Group counseling. (2 marks)

B Using relevant examples, differentiate between the following types of groups:

i) Psychotherapy and Psycho education groups. (4 marks)

ii) Growth/Personal development and support groups. (4marks)

C) May a newly qualified counselor has been assigned a group of adolescents dealing with depression to work with.

i)Articulate any two functions May will have in this group. (4marks)

ii)Discuss any three goals May will need to set for this group. (6 Marks)

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

QUESTION TWO

Sarah a young therapist is leading a personal development group for older professional women. In one of the sessions, some participants begin to resist and challenge Sarah's authority. Some members form cliques and this creates anxiety in the group.

a) Critically analyze the stage of group development described above and what the leader can do to address the issues therein . (4marks).

b) Articulate any three ways that the participants may benefit from this group. (6marks)

QUESTION THREE

Meghan, a counseling psychologist has been charged with the responsibility of leading a group of young people dealing with chronic anxiety. Meghan has come to you for help because she is not sure what leadership style is best suited for this group.

a) Describe two leadership syles you would recommend for meghan (4 marks)

b) Giving relevant situations, analyze any three ethical issues Meghan needs to adhere to as she leads this group (6 marks)

QUESTION FOUR

Martin is preparing to lead a grief counseling group. He desires to do his very best in leading this group

a) Justify any two qualities Martin needs to have in order to lead this group effectively. (4 marks)
b) Citing relevant examples, articulate scenarios where Martin could apply any three core leadership skills as he facilitates this group. (6 marks)

QUESTION FIVE

Your supervisor at the rehabilitation center where you are interning, has asked you to facilitate a group for recovering addicts. During the forth week, Jana a woman struggling with low self esteem breaks down in tears as she shares how she felt despised by her family. Joan who had been quite all along speaks up and tells Jana ' I know how that feels, I have never really mattered to my family, I feel like an outcast, but I have coped just fine. Sarah reaches out to both women, hugs them and says 'you are not alone my friends, I am here to support you in your journey. In the next session the group leader psycho-educates the group about family of origin issues and how they can affect individual functionality. During one of the sessions Jana and Joan act as parents to some of the group members to demonstrate how they were treated in their families of origin. After this session, the two express relief that they were able to address matters they had bottled up for so long, group members applaud and affirm them for the courage to share. Outside the group sessions, members continue to support each other. Describe the following therapeutic factors and use examples from the narrative to show how they unfold in this group.

a) Atruism. (2marks)
b) Catharsis. (2marks)
c) Impartation of information. (2marks)
d) Universality. (2marks)
e) The corrective recapitulation of a primary family group. (2marks)