



PAN AFRICA CHRISTIAN UNIVERSITY

**END OF SEMESTER EXAMINATION FOR MASTERS IN COUNSELING
PSYCHOLOGY**

JANUARY-APRIL 2024

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: MCP 505

COURSE TITLE: COUNSELLING SKILLS AND TECHNIQUES

EXAM DATE:

TIME:

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)

- i. Describe **two** qualities of an effective counselor. (2 marks)
- ii. Explain **two** differences between client goals and clinical goals. (2 marks)
- iii. Discuss **two** attending skills in the counselling process. (2 marks)
- iv. Analyze **two** ways that a counselor can integrate Christian values in a counselling session. (4 marks)

B. Read the case study below and answer the questions given.

Steve's troubles began with the onset of the Covid-19 pandemic. As the owner of a popular club in Thika, he faced the detrimental impact of pandemic-related restrictions, which ultimately led to the downfall of his business. Struggling to cope with the financial strain, Steve resorted to taking loans that depleted his savings. Eventually, he had no option but to sell his once-thriving club. Adding to his distress, a close friend betrayed him and absconded with the remaining funds. The specifics of this betrayal remain undisclosed. The accumulating stress proved overwhelming, resulting in Steve suffering a heart attack, and was admitted at Kenyatta National Hospital. Although he physically recovered, the emotional toll persisted, pushing him into a state of hopelessness. Presently, Steve engages in incoherent mumbling, neglecting his small family and is suicidal. Steve has decided to seek help from a counsellor.

- i. List the clinical goal that the counselor would prioritize. (1 marks)
- ii. Explain **three** ways that the counselor would help the client deal with the goal you have listed in (i) above. (3 marks)
- iii. Analyze how the counselor would apply **three** key concepts of Carl Rogers' Person Centered theory in the counselling process. (6 Marks)

SECTION B Answer any two questions

QUESTION TWO

During a counseling session with Mary a counselor says:

Counselor: Mary, I notice that you have not looked at me all session which is leaving me feeling rather shut out. It feels as if you want to stop me getting too close... I wonder if that is how it feels to you?

- i. Outline the counselling skill above. (1 marks)
- ii. Analyze **two** situations when the above skill can be used by the counselor in the counselling process. (4 marks).

B. Read the following case study and respond to the questions given

John has come for therapy because he has been sent away from school due to indiscipline. The school principal has instructed him to go for a minimum of five counselling sessions before resuming school. The therapist should give a letter to that effect. During the first session John was reluctant in sharing his problem. Later he kept giving reasons why he could not attend therapy sessions and when he attended, the counselor noticed that he never completed the assignments given after the sessions.

- i. Outline the type of a client John is. (1 mark)
- ii. Discuss **four** ways that the counselor can deal with John's behavior. (4 marks)

QUESTION THREE

- a. Describe **two** functions of goals in the counselling process. (2 marks)
- b. Evaluate **two** reasons why counselors need to consider each of the following factors so as to offer professional counselling to their clients. (8 marks)
 - i. The type of setting
 - ii. Intake form
 - iii. Informed consent
 - iv. Building rapport

QUESTION FOUR

Read the case study below and respond to questions given.

Joseph is burdened with guilt and remorse over abandoning his spouse and children. He recounts a painful incident from his daughter's high school years when she became the target of mockery due to the absence of a father figure. Reflecting on the past, Joseph nostalgically recalls a single visit he made to her school during her prayer day before the Kenya Certificate of Secondary Education (KCSE) exams. On that occasion, his daughter was the happiest student, proudly introducing her father to friends and classmates. However, the poignant moment was marred by Joseph's realization of unfulfilled promises and the neglect of his family responsibilities in favour of alcohol. After completing a rehabilitation program, Joseph is striving to repair his distant relationship with his children. Despite their grown status, he is determined to be a present father and husband. However, he grapples with feelings of helplessness and acknowledges that his life feels empty without his family.

i. Analyze **two** ways that Joseph might use to mend his relationship with members of his family. (4 marks)

ii. Evaluate **three** concepts of existential theory that a therapist can use to assist Joseph deal with his problematic issues.

(6 marks)

QUESTION FIVE

A. Read the following conversation and answer the questions given.

Therapist: Josephine, ‘welcome to our last counselling session today’.

Client: ‘Thank you’.

i. Discuss any **two** important aspects in the termination process. (4 marks)

Joyce was in a counselling session with Jane. As she was narrating her story, Jane suddenly went silent for a while then she began crying.

i. Describe **two** reasons that may have caused the client become silent. (2 marks)

iii. Discuss **two** ways that Joyce can provide support to the client when she is crying during the counseling process. (2 marks)

c. i. Illustrate **one** type of a client’s discrepancy that may be challenged by a counselor in the counselling process. (2 marks)