



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

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: MCA 602/MCP 602

COURSE TITLE: TREATMENT AND EXPRESSIVE THERAPIES

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) Giving a relevant example, articulate your understanding of the term expressive therapies. (2marks)
- b) Describe two incidences when expressive therapy was used in Biblical times. (4marks)
- c) As a practicing therapist discuss any two reasons why you would want to include expressive therapy in your work with clients.(4marks)
- d) Diana, a 16-year-old girl, has experienced a series of emotional setbacks, including her parents' separation and a threatening illness. During the first session, you notice that Diana does not talk much but she mentions feeling low.
 - i) Articulate two ways you would use a ball to build rapport with Diana. (4 marks)
 - ii) Elaborate the steps you would use to help Diana collage her life experiences. (6 marks)

SECTION B: Answer Any Two Questions (20 Marks)

QUESTION TWO

Maria a 8 year old girl is brought to therapy by her mother. As you interact with them you notice a strain between Maria and her mother. In session alone with Maria, she appears timid and reluctant to talk about her home life. Demonstrate how you will use the following interventions to understand Maria's relationships and support system.

- i) The relationship wheel.(2 marks)
- ii) Drawing a family. (2marks)
- iii) Family sculpting. (6marks)

QUESTION THREE

Kevin, a 10-year-old boy, has been acting aggressively at school. His teacher reports that he shouts when he doesn't get his way and throws objects when he is frustrated. In therapy, he refuses to talk about his anger and gets agitated when the issue is raised.

- a) Analyze any two expressive therapy skills you would use to work with Kelvin. (4marks)

- b) Illustrate the specific steps you would follow when using the "anger balloon" technique to help Kevin externalize and manage his anger. (6 marks)

QUESTION FOUR

Martha, a 12-year-old girl, is dealing with grief after the sudden loss of her mother. During sessions she avoids talking about her mother and mumbles that no one can understand her feelings.

- a) Justify two types of Bibliotherapy you would use to help Martha handle her grief. (4 marks)
- b) Discuss any three benefits of this intervention. (6 marks)

QUESTION FIVE

Fatma a 12 year-old girl is experiencing bullying at school. According to her mother, Fatma avoids social interaction and has become withdrawn. During therapy, she appears intimidated and rarely speaks.

- a) Illustrate how you would use drama therapy to help Fatma deal with bullying.(2 marks).
- b) Describe the steps you would use to help Fatma create a safe place for herself. (6 marks)