



PAN AFRICA CHRISTIAN UNIVERSITY

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

SEPTEMBER-DECEMBER 2025

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)

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

In 2012, John was diagnosed with Schizophrenia after he presented with hallucinations, incoherent speech and delusions. His self-care habits deteriorated because he neither showered nor cleaned his clothes. Initially he did not understand the diagnosis but later did, through the help of a psychiatrist. After the diagnosis, he was able to take his medication as required as well as attend his clinics on time. In late 2015, he started skipping his medication and attending clinics, stating that he had recovered and medication was unnecessary. In the same year, he began abusing substances such as alcohol, miraa and cannabis which has deteriorated his health. He said that his substance abuse behavior is influenced by his friends. Currently, he is admitted in a mental health unit.

- a. List two clinical goals that a counselor would formulate with the client.
(2 marks)
- b. Explain four themes that the counselor would conceptualize from the above narrative. (4 marks)
- c. Analyze how the counselor would apply three key concepts of Carl Rogers' Person Centered Theory in the counselling process. (6 Marks)

B

- a. Describe **four** qualities of an effective counselor. (2 marks)
- b. Explain **two** differences between client goals and clinical goals.
(2 marks)
- c. Analyze **two** ways that a counselor can integrate Christian values in a counselling session. (4 marks)

QUESTION TWO

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

Mary has come for therapy because she has been sent away from school due to indiscipline. The school principal has instructed her to go for a minimum of five counselling sessions before resuming school. The therapist should give a letter to that effect. Mary is manipulating the counselor to write her a letter back to school after one session. She is also dictating the content that the counselor should include in the letter.

- a. Describe the type of a client Mary is. (2marks)
- b. Discuss **four** ways that the counselor can deal with Mary's behaviour.
(4 marks)

B.

- a. Explain **two** instances when goals of therapy can be modified. (2 marks)
- b. Discuss **two** situations that a therapist can use immediacy skill in the counselling process. (2 marks)

QUESTION THREE

- a. Discuss any **two** forms of attending behavior in the counselling process.
(4 marks)
- b. Analyze **two** reasons why counselors need to consider each of the following factors so as to offer professional counselling to their clients. (6 marks)
 - i. The type of setting
 - ii. Intake form
 - iii. Informed consent

QUESTION FOUR

A. Read the following case study and answer the questions given.

John is a 30-year-old man experiencing significant anxiety and low self-esteem. He recently applied for a promotion at his place of work but was not selected. This event has caused him considerable distress, he feels he is a failure, not good enough and incompetent in his role. He also feels depressed and at a verge of giving up. He has decided not to apply for promotions again and has become withdrawn at the place of work. He has chosen to go for less demanding jobs and believes he will never succeed in his career.

a) . Evaluate how a therapist can apply ABC Model of Rational Emotive Behavioral Therapy to help John deal with his promotion problem. (6 marks)

B.

a. Describe four fears of a beginning counselors. (4 marks)

QUESTION FIVE

A. Read the following conversation and answer the questions given

John and Mary have completed three months of couples therapy to improve communication and trust. They report better understanding and fewer conflicts. In their final session, the therapist reviews their progress and prepares them for life after therapy.

a . Explain any two important steps the therapist should take to ensure an effective termination process with John and Mary. (4 marks)

B. 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.

a. Describe **two** reasons that may have caused the client to go silent. (2 marks)

b. Discuss **two** ways that Joyce can provide support to the client when she is crying during the counseling process. (4 marks)