



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

**END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY**

MAY-AUGUST 2018

CAMPUS: VALLEY ROAD

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU2332

COURSE TITLE: CLINICAL SUPERVISION I

EXAM DATE: FRIDAY 10TH AUGUST 2018

TIME: 5:30PM-7:30PM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your **STUDENT NUMBER** in the Answer Booklet given
- Answer the questions in **Section A(Compulsory)** and **any 1** question from Section B
- *Write clearly and legibly.*
- *ALL PAC University's examination rules and regulations apply*

SECTION A: ANSWER ALL THE QUESTIONS IN THIS SECTION

1.
 - a. Define supervision. **(2 Marks)**
 - b. Outline a “Resistant” and “complainant” client-counselor type of relationship. **(4 Marks)**
 - c. Summarize four main aims of clinical supervision. **(12 Marks)**
 - d. Study the case below and illustrate how you would counsel the client using three techniques or interventions of solution focused therapy. Highlight three limitations of SFT **(12 Marks)**

Case study

James is a sixty year old male. He is serving a life sentence for carjacking a family at gun point and killing the driver 9 years ago. He is worried about losing over 10 million shillings he had entrusted to his girlfriend before his arrest. His wife knows nothing about the money. His 3 children have discontinued university education because of financial challenges. This will be your second session with James.

SECTION B: ANSWER ANY ONE OF THE FOLLOWING QUESTIONS

2.
 - a. Identify two practical ways you cope with stress as a counselor. **(2 Marks)**
 - b. Summarize four strategies you would use to counsel a “resistant/reluctant” client. **(8 Marks)**
3.
 - a. Define cognitive behavioural therapy. **(2 Marks)**
 - b. Using an example, relate how thoughts, feelings, behaviours and physical symptoms interact. **(6 Marks)**
 - c. Identify two limitations of cognitive behavioural therapy. **(2 Marks)**
4. Briefly illustrate with an example, the importance of knowing the following aspects of a client:
 - a. Age **(2 Marks)**
 - b. Family of origin experiences **(4 Marks)**
 - c. Marital status **(4 Marks)**