

SPC 110



OFFICE OF THE DEPUTY PRINCIPAL  
ACADEMICS, STUDENT AFFAIRS AND RESEARCH

# UNIVERSITY EXAMINATIONS

## 2017/2018 ACADEMIC YEAR



### FIRST YEAR FIRST SEMESTER EXAMINATION

**FOR THE DEGREE OF BACHELOR  
OF SCIENCE IN MEDICAL  
PSYCHOLOGY  
SCHOOL: HEALTH SCIENCES**

**COURSE CODE: SPC 110**

**COURSE TITLE: INTRODUCTION TO  
COUNSELLING PSYCHOLOGY**

**DATE: 20<sup>th</sup> December, 2017 TIME: 2.00pm-5.00pm**

For examiner's Use Only

Question	I.E	E.E
CAT		
EXAM		
TOTAL		

**INSTRUCTION TO CANDIDATES: SEE INSIDE**

**THIS PAPER CONSISTS OF 19 PRINTED PAGES**

**PLEASE TURN OVER**

Insert the numbers of the questions you have answered in the order done

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Student Admission No.....Exam Card No.....Signature.....

**INSTRUCTIONS TO CANDIDATES**

1. Write your **Admission Number**, **Exam Card Number** and **Sign** in the spaces provided at the bottom of each page of the Examination Booklet. **DO NOT** write your name anywhere in this booklet.
2. Write on both sides of the pages.
3. All rough work must be done in the Answer sheets and crossed through.
4. If supplementary pages are used, they must be fastened all together at the end of this Booklet. Supplementary pages should be used only after all the leaves in the booklet have been exhausted.
5. It is a serious examination offence to cheat or to have unauthorized materials including **MOBILE PHONES** (whether on or off) in the examination venue.
6. In no circumstances must Answer Booklet used or unused, be removed from the examination room by a candidate.
7. The Booklet is for **Examination use only** in a designated examination room. Unauthorized possession of the Answer sheets by a student or any other person constitutes an examination irregularity calling for stiff disciplinary action.
8. Do not pluck any page from this Booklet. Any extra/unused answer sheets should be returned to the **Examination Office**.
9. Candidates who come to examination room 30 minutes late will not be allowed to sit for the exam.
10. Candidates will not be allowed to leave the exam room once the exam commences.
11. Candidates are advised that importance is attached by examiners to accuracy and clarity of expression.
12. Committing any form of irregularity is prohibited and shall attract severe disciplinary action in accordance with Alupe University College Examination Regulations.

Student Admission No.....Exam Card No.....Signature.....

**INSTRUCTIONS TO CANDIDATES****SECTION A: ANSWER ALL QUESTIONS IN THIS SECTION**

1. Identify and explain with the help of examples **any five** counseling techniques in Gestalt therapy (10 marks)
2. Briefly explain the therapeutic goals of the person centered approach (10 marks)
3. Explain the characteristics of the person centered therapist in a therapeutic relationship (10 marks).
4. Outline the **first four** steps of therapeutic techniques and procedures in Reality therapy (10 marks)

**SECTION B: ANSWER THREE QUESTIONS IN THIS SECTION**

1. Discuss the following concepts of gestalt therapy that you would make use of in counseling. (20 marks)
  - a. Unfinished business.
  - b. Here and now .
  - c. Contact and resistant to contact
  - d. Layers of Neurosis-Perls likens the unfolding of adult personality to the peeling of an onion:
2. Discuss the **four phases** of therapeutic process in the light of these techniques and procedures (20 marks)
3. Briefly explain the techniques and procedures used by counselor using the Transactional Analysis approach. (20 marks).
4. Discuss **any five** counseling goals in Reality therapy (20 marks)



Student Admission No.....Exam Card No.....Signature.....

