PAN AFRICA CHRISTIAN UNIVERSITY
COURSE: SPIRITUAL RESOURCES IN COUNSELING – COUN 3313
END OF SEMESTER EXAMS – MARCH 2016
LECTURER: TOM CEPHAS

INSTRUCTIONS TO CANDIDATES:

- Answer a total of FOUR Questions as instructed below:
- Answer Question 1 in Section A (Compulsory)
- Answer any THREE Questions from Section B

Time: 3 hours

SECTION A

QUESTION ONE.

Borabora came to you for counseling because she described feeling “empty” when she thought about her life. She indicated that the past year had been much more difficult for her because her best friend Malimali had been diagnosed with cancer and then died a few months later. This happened two years after she had lost her mother that they were very close with. Since Malimali died, Borabora had felt anxious almost constantly and had become preoccupied with her children’s safety. Before the death of Malimali, Borabora had been a committed church member but now does not understand why God allowed all these to happen. She has become dissatisfied with her marriage and her husband Kati’s lack of support and more concerned about her questioning of her religious beliefs.

a. Differentiate between spirituality and religion (4 marks)
b. Explain any FOUR presenting issues in Borabora’s case? (8 marks)
c. Borabora suffered tremendous loss in the death of her mother and friend Malimali. How might a counselor help her recognize and embrace the various stages of grief? (8 marks)
d. As a Christian counselor, how can you help Borabora understand from the Bible that God has not left her? (5 marks)

SECTION B

QUESTION TWO.

a. Discuss the importance of integrating spirituality and religion into counseling (10 marks)
b. Teti died two years ago. Since her death, Dedi the brother had been carrying her necklace in the pocket. Whenever he felt like crying he would rub the necklace and then feel good.
   i. Define the term ritual (2 marks)
   ii. Discuss the importance of that necklace to Dedi. (5 marks)
   iii. Explain any FOUR elements of rituals (8 marks)
QUESTION THREE

a. Discuss the important elements of Spirituality. (8 marks)
b. Suffering, and often the injustice or senselessness of it, are ultimately spiritual issues. Adversity and suffering calls forth resilience.
   i. Define the term resilience (2 marks)
   ii. Discuss spiritual resources that can help individuals to handle pain (10 marks)
   iii. Explain family resilience and its importance (5 marks)

QUESTION FOUR

For one to become competent in integrating spirituality and religion into counseling, a thorough knowledge of the ASERVIC (Association for Spiritual, Ethical, and Religious Values in Counseling) spiritual competencies is necessary. It outlines fourteen competencies which are divided into six categories.

a. Explain the competencies in the six categories. (18 marks)
b. Explain the advantage a counselor has by acquiring the competencies. (7 marks)

QUESTION FIVE

a. Discuss the Implicit and explicit spiritual interventions in counseling (15 marks)
b. Explain the Influence of culture in counseling practice (10 marks)

QUESTION SIX

Cheti, a 38-year-old Christian woman and mother of three, came to you for counseling. She said: “my father was a mean and cruel man. He didn’t just molest me once, but on several occasions, always making me feel that it was my obligation to satisfy him and make him happy. He was never concerned about what it would do to me. It always made me feel dirty, used, and evil. There was a huge part of me that he was supposed to protect that he simply walked all over. He stole a good part of my life. How do I forgive something so evil that has caused me so much pain and grief?”

a. Define the term forgiveness. (2 marks)
b. Explain any FOUR issues that can be identified in the presenting case of Cheti. (8 marks)
c. Discuss the different aspects of forgiveness (10 marks)
d. How would you counsel Cheti in handling the issue of forgiveness as a Christian counselor? (5 marks)