

SPC 220



OFFICE OF THE DEPUTY PRINCIPAL
ACADEMICS, RESEARCH AND STUDENTS' AFFAIRS

UNIVERSITY EXAMINATIONS

2018/2019 ACADEMIC YEAR

SECOND YEAR SECOND SEMESTER REGULAR EXAMINATION

**FOR THE DEGREE OF BACHELOR OF SCIENCE
(COUNSELING PSYCHOLOGY)**

COURSE CODE: SPC 220

COURSE TITLE: GROUP COUNSELING SERVICES

DATE: 18TH APRIL, 2019

TIME: 9.00 AM – 12.00 PM

INSTRUCTION TO CANDIDATES

- SEE INSIDE

THIS PAPER CONSISTS OF 3 PRINTED PAGES

PLEASE TURN OVER

SPC 220: GROUP COUNSELING SERVICES

STREAM: BSc. CP

DURATION: 3 Hours

INSTRUCTIONS TO CANDIDATES

- i. *Answer question ONE and any other TWO questions*
- ii. *Do not write anything on the question paper*

Question One

- a) Define the term group therapy (2marks)
- b) Using relevant examples, discuss FOUR reasons that make counselors choose group approach in counseling clients (12marks)
- c) Explain THREE disadvantages for practicing group therapy (6marks)
- d) With appropriate example, discuss FIVE ethical issues/ concerns in group therapy (10marks)

Question Two

- a) Describe the following types of groups in group therapy
 - i. Psycho educational group (5marks)
 - ii. Process oriented group (5marks)
- b) Describe the process of group formation and development according to Tuckman and Jensen, (1977) (10marks)

Question Three

- a) Discuss FIVE factors that influence the selection of a member of group therapy (10marks)
- b) Explain FIVE characteristics of an effective group leader (10marks)

Question Four

- a) Explain the following approaches to group counseling
 - i. Existential therapy (5marks)
 - ii. Person-centered therapy (5marks)
 - iii. Rational Emotive Behaviour Therapy (5marks)

- b) State FIVE basic principles of group dynamics (5marks)

Question Five

- a) Discuss FOUR importance of group norms (8marks)
- b) Identify SIX factors that can affect group cohesion (6marks)
- c) Explain THREE reasons why groupthink can limit creativity in a group (6marks)
