



Scott Christian UNIVERSITY

SCHOOL OF PROFESSIONAL STUDIES

BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY

UNIT CODE/NAME: BCP 212: GROUP COUNSELLING PROCESS AND PRACTICE

September- December 2019/2020 End Semester Exam

- Time: 2 Hours

Instructions: Answer Question ONE (Compulsory) and any other TWO questions.

QUESTION ONE

- (a) Define the following terms as used in group counselling. (4 Marks)
 - i) Group
 - ii) Group dynamics
- (b) Outline any five goals in group counselling. (5 Marks)
- (c) Identify five benefits of group counselling. (5 Marks)
- (d) Outline any five common misperceptions about group therapy. (5 Marks)
- (e) Describe four ethical and professional issues in group practice. (4 Marks)
- (f) Define the following terms and show their application in group therapy. (4 Marks)
 - i) Catharsis
 - ii) Altruism
- (g) Outline three characteristics of difficult clients in group therapy. (3 Marks)

QUESTION TWO

Discuss any five principles applied in group therapy. (15 Marks)

QUESTION THREE

Discuss the five stages in group development and formation according to Bruce Tuckman. (15 Marks)

QUESTION FOUR

Discuss five practical ways of dealing with difficult clients in group therapy. (15 Marks)

QUESTION FIVE

Discuss one of the following group therapy theories. (15 Marks)

- i) Psychoanalysis
- ii) Behavioral theory
- iii) Gestalt therapy theory