



THE CATHOLIC UNIVERSITY OF EASTERN AFRICA

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MAIN EXAMINATION

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SEPTEMBER –DECEMBER 2021

FACULTY OF ARTS AND SOCIAL SCIENCES

DEPARTMENT OF PSYCHOLOGY

REGULAR PROGRAMME

CP 701: MULTICULTURAL AND PSYCHO-SPIRITUAL COUNSELLING

Date: DECEMBER 2021

Duration: 3 Hours

INSTRUCTIONS: Answer Any THREE Questions

1. Using the case below to answer the following questions:

Kungwa and Agnes have been married for the past 15 years. They are blessed with two children, Felix (14yrs) and Angela (5yrs). They both hailed from a culture which believes that the families marry, and marriage exists at the payment of a dowry (bride's prize). Agnes is a member of the Roman Catholic Church, and Kungwa is a member of a Pentecostal Church. The couple approached you for psychotherapy. Kungwa and Agnes' presenting problems included unresolved hurts, excessive anger toward each other, manifested in daily verbal fighting, and poor communication skills. They often fought about their religious difference and Kungwa's resentment over Agnes' efforts to convert him to Roman Catholicism. They acknowledged that their main motivation for keeping the marriage together was their two children. Felix had recently disclosed that he is gay. While they are battling with the threat to divorce from Agnes, their concern over Felix's disclosure placed them in the state of ambivalence.

- a) As a counselor who is both competent in psycho-spirituality and multiculturalism, discuss how you can use holistic approach to help the couple.

(7

marks)

- b. Kungwa and Agnes were referred to you because of your competency in multicultural and psycho-spiritual counseling. They are from cultures and

religions different from yours. Assess their different cultural beliefs, values, and spirituality **[6 Marks]**

- c. Examine how you will apply any of the psycho-spiritual techniques of your choice as an intervention for both Kungwa and Agnes during session, highlighting the implementation, benefit, and challenges of this technique. **[7Marks]**

2. According to Paul B. Pedersen (2007), "Culture controls our lives and defines reality for each of us, with or without our permission and/or intentional awareness". In view of this, how will you evaluate your multicultural competency during a psycho-spiritual therapy sessions with an Asian gay client.

[20

Marks]

3. Evaluate, with examples, how high and low-context cultures affect a counselor's thoughts, opinions, feelings and values **[20 Marks]**

4. Bearing in mind the benefits of mindfulness meditation, demonstrate the integration of mindfulness meditation in counselling session.

[20

Marks]

5. Giving examples, critically explain the alternative solutions to integrating traditional healing practices and psychotherapy.

[20

marks]

END

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