



THE CATHOLIC UNIVERSITY OF EASTERN AFRICA

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JANUARY – APRIL 2022

FACULTY OF ARTS AND SOCIAL SCIENCES

DEPARTMENT OF PSYCHOLOGY

REGULAR PROGRAMME

BCP 126: INTRODUCTION TO PSYCHO-SPIRITUAL COUNSELING

Date: APRIL 2022

Duration: 2 Hours 15mins

INSTRUCTIONS: Answer Question ONE and any THREE Questions

- Q1.a. Describe the History of Spirituality/Religion in Counseling (10 marks)
- b. Explain the concept of “Spiritual Emergence” bearing in mind what can be done in such situation. (5 marks)
- c. Briefly explain the following terms within the psycho-spiritual counseling context:
- i. Spirituality (2 marks)
 - ii. Religion (2 marks)
 - iii. Psychotherapy (2 marks)
 - iv. Culture (2 marks)
 - iv. Psycho-Spiritual Counseling (2 marks)

Q2. Lemkuil (2007) defined spiritual competence as the ability of the counselor to integrate understanding of religion in counseling process and it is based upon counselor’s own belief towards their own ability or level of spiritual competence they possess. Explain five (5) spiritual competencies. (15 marks)

Q3. a. Critically evaluate the three components of awareness in psycho-spiritual competency **(9 marks)**

b. Explain the term cultural competence **(6 marks)**

Q4. a. You may have heard about some people claiming to be spiritual but not religious, or spiritual and religious but not affiliated. Discuss this in terms of your understanding of religion and spirituality, considering the definitions, characteristics and relationship between the two terms. **(10 marks)**

b. Ifa is a religion which originated from the Yoruba people of Western Nigeria. Can this be regarded as one of the world religions? Respond to this question bearing in mind what qualifies a religion to be regarded as a world religion

(5 marks).

Q5. With examples, briefly evaluate the place of the following in psycho-spiritual counseling

a. Bibliotherapy **(3 marks)**

b. Informed Consent **(3 marks)**

c. Dual Relationship **(3 marks)**

d. Integrationism **(3 marks)**

e. Eclecticism **(3 marks)**

END