



UNIVERSITY EXAMINATIONS

1ST SEMESTER 2025/2026 ACADEMIC YEAR

**SECOND YEAR EXAMINATIONS FOR
BACHELOR OF ARTS IN PSYCHOLOGY**

PSYC 212: GROUP COUNSELLING AND DYNAMICS

STREAM: R

TIME: 2 HRS

DAY: WEDNESDAY (11.30AM-1.30PM)

DATE: 04/02/2026

THIS QUESTION PAPER CONSISTS OF THREE (3 PAGES)

PLEASE DO NOT OPEN UNTIL THE INVIGILATOR SAYS SO.

INSTRUCTIONS:**Answer Questions ONE and ANY OTHER THREE Questions****QUESTION ONE (30 MARKS)**

- (a) Define the following terms **(2 marks)**
- (i) Group process
 - (ii) Group evolution
- (b) Examine the difference between the postulation of the following theories in group counselling **(4 marks)**
- (i) Transactional analysis and Psychodrama theory
 - (ii) Eclectic theory and cognitive behavior theory
- (c) Demonstrate two main characteristics of a client who can easily fit into a group counselling session. **(4 marks)**
- (d) Outline three salient features of a functional group during counselling. **(3 marks)**
- (e) Explain one cardinal reason the necessitate group counselling. **(2 marks)**

QUESTION TWO (20 MARKS)

- (a) Process five conditions that may inhibit behavior change in group counselling. **(5 marks)**
- (b) Explore five amicable environmental distractors during group process. **(10 marks)**

QUESTION THREE (20 MARKS)

- (a) Analyze common personality characteristics of clients who can be put together in a group. **(10 marks)**
- (b) Highlight any five ways a group counselor should ensure privacy **(5 marks)**

QUESTION FOUR (20 MARKS)

- (a). Demonstrate the stages of forming groups before group counseling. **(10 marks)**
- (b). Analyze five reasons that may make it difficult when helping a Gen Z modify their behaviours. **(5 marks)**

QUESTION FIVE (20 MARKS)

- (a) Describe how each trait in Alport's traits is significantly utilized group process. **(7 marks)**
- (b) Highlight how the following elements are utilized in group counselling **(8 marks)**
- (i) Group manipulation
 - (ii) Group control
 - (iii) Extrovert behaviours
 - (iv) Assertiveness of a client