



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

**END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY**

SEPTEMBER-DECEMBER 2018 SEMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU2123

COURSE TITLE: COUNSELLING THEORIES

EXAM DATE: MONDAY 3RD DECEMBER 2018

DURATION: 3 HOURS

TIME: 9:00AM-12.00PM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your **STUDENT NUMBER** in the Answer Booklet given
- **Answer ALL questions in Section A and any other THREE questions from Section B**
- *Write clearly and legibly.*
- *ALL PAC University's examination rules and regulations apply*

SECTION A COMPULSORY (40marks)

1.

- a. Highlight two roles of a theory in counselling and psychotherapy 4mks
- b. Describe two ways of Self-Care as a counselor to prevent burnout. 4mks.
- c. Explain briefly three ego defense mechanism in psychoanalytical Theory. 6mks
- d. Illustrate two interventional techniques counselors use in Gestalt Theory 6mks

Read the following case study and answer the questions that follow.

CASE STUDY

Jayson came to psychotherapy complaining of anxiety, dark moods and difficulty connecting with others. A slim man, Jayson wore glasses and made little eye contact with you in your first meeting. When he did make eye contact though, you couldn't help but notice he squinted, as if straining to see you. He quickly detailed a list of things in his life left undone for a number of vague reasons that, to you, were hard to follow. He had not yet filed his divorce papers from a separation four years ago; he left a graduate program and owed the school money, he had been unemployed for several years and needed to find work, he wanted to smoke less marijuana, he needed to be more assertive with a friend and would wished to dream less as the dreams were disturbing etc. From your first session, John struck you as an incredibly bright individual whose will had deteriorated over the years.

- a. Classify any three issues that the client is likely to present in a counselling session. 6mks.
- b. Explain with examples, hypothetically the stage of human development the client is at according to Erik Erikson. 6mks
- c. Describe two theories of therapy the counselor can use to treat the above issues. 8mks

SECTION B Choose THREE questions (20marks Each)

2.

- a. Identify the three Personality Structures according Sigmund view of Personality (3mks)
- b. Highlight the four forms of child attachment in Attachment theory.(4mks)

- c. Explain any two limits of confidentiality in the counselling profession (4mks)
- d. Discuss the core conditions in the Person Centered Theory (9mks)

3.

- a. Illustrate two major focus of counselling in Psychoanalytical Theory. (4mks)
- b. Compare and contrast the first two stage of human development according to Freud's psychosexual stages of development and Erik Erikson's psychosocial stages of Development. 9mks
- c. Clarify the first **three** phases in the counselling process, 9mks

4. A Case Study

Sandra, is a graduating college senior pursuing a bachelor's degree in counseling. She is from a middle-class family where her mother is an Educationist and her father is a successful businessman. She appears overly worried, panicky and fearful. Jane has sought career counseling because of an upcoming interview with a non- governmental organization looking for a counselor in their organization. This is where she would like to work. She explains that she is terrified of the interviewing and thinks the panelist will not like her since they are new people to her. She is extremely afraid of how the employer is going to perceive her during the interview. She wants to make a good impression so that she can be successful in obtaining the position. Jane wants a job not only for herself, but also to please her parents because of the expectations that she notices they have for her. She has been tensed about the interview since she found out she had been selected for it. Jane is afraid of hurting all her chances of getting a job, not just with this employer, but even with other companies and employers. She fears she is not good enough.

- a. Highlight two possible issues Sandra would present in your clinic. (4mks)
- b. Using Reality Therapy illustrate two techniques the counselor could use to intervene in Sandra's case. (4mks)
- c. Describe how you would help Sandra using the steps in Rational Emotive Behavior Therapy (REBT). 12mks

5.

- a. Explain the following;
 - i. Your understanding of the term transference. (3mks)
 - ii. Two reasons justifying a referral (4mks)

- b. Explain the difference between the term Diagnosis and Assessment (4mks)
- c. According to Cognitive Behavioral Therapy, there is a relationship between the thinking, feeling, and behaving of a person. Discuss (9mks)

