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PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR DIPLOMA IN COUNSELING
PSYCHOLOGY
SEPTEMBER-DECEMBER 2024 TRIMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD109

COURSE TITLE: HUMANISTIC THEORIES

EXAM DATE:

DURATION: 3 HOURS

TIME: 6:00PM-9:00PM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- **Answer question ONE and any other TWO questions**
- *ALL PAC University's examination rules and regulations apply*

QUESTION ONE: COMPULSORY (20 MARKS)

- a). Discuss the following characteristics of the humanistic theories giving relevant examples.
- i) Emphasis on Personal Responsibility. (2 Marks)
 - ii) Focus on the present. (3 Marks)
 - iii) Personal growth. (3 Marks)
 - iv) Individual worth. (2 marks)
- b). Explain five basic assumptions of humanistic theories. (5 Marks)
- c) In a counselling session you discover that the client is resistant and unwilling to open up?
- i) List TWO skills you will use to move the session forward. (2 marks)

ii) Discuss THREE key stages in Egan's framework that can help you to effectively connect and support your client (3 marks)

QUESTION TWO:

(a) Describe Abraham Maslow's hierarchy of needs, giving appropriate examples. (5Marks)

(b) A 14-year-old from an insecure home environment is showing signs of anxiety and withdrawal at school. Using Maslow's Hierarchy of Needs, discuss possible reasons for these behaviours and suggest two interventions to help address these needs. (5 marks)

QUESTION FOUR:

a) Giving relevant examples, describe the following concepts as used in existential psychoanalysis by Rollo May

i) Powerlessness. (2 Marks)

ii) Anxiety. (2 Marks)

iii) Freedom. (2 Marks)

b) Human behaviour is influenced by three aspects of the world. Discuss any two. (4 Marks).

QUESTION FIVE:

a). List any 2 techniques used in the following humanistic theories.

i) Person centered. (2marks)

ii) Henry Murray (2marks)

iii) Rollo May (2marks)

iv) Clark Moustakas. (2marks)

b). Discuss and give an example I- experiences as described by Rollo May (2marks)