



PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR COUNSELLING PSYCHOLOGY
JANUARY – APRIL 2022

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD 107

COURSE TITLE: COUNSELING MODELS AND STRATEGIES

EXAM DATE:

- The Exam has two sections – Section A and B.
- Section A has a compulsory question that carries Twenty (20) marks. Attempt all the sections.
- Section B has **four** (4) questions, each carrying Ten (10) marks. You are required to answer any **two** (2).

Part A answer all questions Twenty (20) marks

Question 1

- i) Define Ego personality (2 mks)
- ii) Discuss Transference (2 mks)
- iii) Demonstrate any four types of defense mechanism likely to appear in therapy (4 Marks)
- iv) Describe three ABC model in REBT. (6 marks)
- v) Discuss two limitations to confidentiality (4 Marks)
- vi) Suggest four ways you would integrate your Christian worldview with the one of the counselling model (2 Marks)

Part B answer any 2 questions Twenty (20) marks

Question 2

- a) Explain two cognitive distortions in CBT (4 Marks)
- b) Analyze three therapist's attributes which according to Rogers help create growth promoting climate in therapy. (6 marks)

Question 3

- a) Discuss two stages of Eric Erickson Psychosocial stages (4 marks)
- b) Explain three psychosexual stages of development according to Freud. (6 marks)

Question 4

- a) Analyze the use of any two Cognitive Behavioral Therapy technique. (4 marks)
- b) Explain two counseling techniques of Behavioral therapy (6 marks)

Question 5

- a) With examples discuss two personal characteristics of effective counselors (4 marks)
- b) Discuss three benefits of counseling. (6 marks)