



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

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

SEPTEMBER – DECEMBER 2025 SEMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD 107

COURSE TITLE: COUNSELLING MODELS

EXAM DATE:

DURATION: 3 HOURS

TIME:

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- **Answer question 1 and any other TWO questions**
- *ALL PAC University's examination rules and regulations apply*

SECTION A: COMPULSORY (20 MARKS)

Question 1

- a) Illustrate the **two** components of a counselling model as learned in this course. (4 marks)
- b) Describe any **two** causes of psychopathology in Client-centered counselling model. (4 marks)
- c) Discuss any **two** levels of human awareness in the mental iceberg of Psychoanalytic counselling model. (4 marks)
- d) Explain any **two** goals of therapy in Rollo May's Existential counselling model. (4 marks)
- e) Classify any **two** views of human nature in Psycho-Spiritual counselling model. (4 marks)

SECTION B: ANSWER ANY TWO QUESTIONS (20 MARKS)

Question 2

- a) Explore any **two** ways overgeneralization distorts the cognitions of the client in cognitive behavioral counselling model. (4 marks)
- b) Discuss any **three** core principles in ABC model of Albert Ellis's Rational Emotive Counselling model. (6 marks)

Question 3

- a) Explain any **two** treatment methods in Biomedical counselling model. (4 marks)
- b) Expound on any **three** causes of psychopathology in Systemic family counselling model. (6 marks)

Question 4

- a) Demonstrate any **two** basic assumptions in Workplace counselling model. (4 marks)
- b) Discuss **three** limitations of Transactional analysis counselling model. (6 marks)

Question 5

- a) Distinguish between the role of the counsellor in Psychodynamic and Person-centered counselling models. (4 marks)

b) Examine any **three** counsellor's roles in Solution-Focused Brief Therapy counseling model.

(6
marks)