



COURSE CODE: COD 103

COURSE TITLE: PSYCHODYNAMICS THEORIES

DATE:

TIME:

INSTRUCTOR: Ms. Anne Mwithi

SECTION A COMPULSORY (20MARKS)

QUESTION ONE

- a) Explain how the following terms are used in Psychodynamic Theories. **3mks**
- i. A theory
 - ii. The Great mother
 - iii. Defense Mechanism

- b) Explain two characteristics of a good Theory. **2mks**

- c) Read the following case Study and answer the questions that follow;**

A 30 old years client named Lily, came for counselling feeling sad and appeared confused in life and didn't see the meaning to continue living. She is worried about her twin daughters who were out of school and now living with her elderly mother. She also had a very demanding job. During the initial stage, Lily blamed herself for having children out of wedlock though not sure of the where about of their father. After in-depth exploration Lily revealed that she grew up in the slums and the catholic sisters sponsored to educate her and her three siblings. She looked untidy and said she had not gone to work for sometimes now, despite the supervisor being insistent of her going back and threatening to sack her, she complained that she is not been able to wake up early enough.

As she continued talking, the intensity of her pain and her health status made the therapist express how she felt sorry and pity on her experience. This also made the therapists to think of the pain and struggles when the husband left her to bring up the children. The therapist thought men were very inconsiderate. Lily then asked the therapists to help her talk to her supervisor and gave the telephone contact. As a single mother herself, the therapist really wanted to help.

- i. Identify two causes of the pathological issues Lily is experiencing according to Erikson Theory. **2mks**
- ii. Describe two Unethical issues presented in the process of counseling. **2mks**
- iii. Highlight a technique the counselor would apply in the treatment of Lilys problematic-situation, using the Freudian Theory of Development. **1mks**

SECTION B

ANSWER TWO QUESTIONS FROM THIS SCTION (20Marks)

QUESTION TWO

- a) Describe the process of achieving a healthy personality according to Carl Jung. **2mks**
- b) Explain Jung's principle of personal and collective unconsciousness. **4mks**
- c) Differentiate the following concepts of opposites in Carl Jung's Analytical theory. **4mks**
 - i. Anima and animus
 - ii. Good and bad mother

QUESTION THREE

- a) Elaborate the emphasis in Melanie Klein object Relation theory. **2mks**
- b) Elaborate the word 'Object' in the Object Theory and how it affects human behavior. **2mks**
- c) Briefly explain the focus of the Individual Theory by Alfred Alder. **2mks**
- d) Clarify two key concepts in Alfred Adler's Individual Theory. **4mks**

QUESTION FOUR

- a) Clarify Anna Freud's focus on child psychoanalysis theory. **2mks**
- b) In Freudian Theory human personality is comprised of the id, the ego and the superego. Discuss. **4mks**
- c) According to Freudians Theory, Behavior is motivated by two instinctual drives (Eros and Thanatos). Justify **4mks**

QUESTION FIVE

- a) Explain the concept of transference and countertransference. **2mks**
- b) Elaborate your understanding of Eclecticism in counseling and psychotherapy. **2mks**
- c) Highlight two of Adlerian goals of counseling and psychotherapy. **2mks**
- d) Describe how the following developmental stages affect human behavior.
 - i. Sigmund Freuds Psychosexual **2mks**
 - ii. Erik Erikson's psychosocial **2mks**