

END OF SEMESTER EXAM HUMANISTIC THEORIES MAY- AUGUST 2025



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

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

MAY-AUGUST 2025 SEMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD 109

COURSE TITLE: HUMANISTIC THEORIES

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*

PART A COMPULSORY. ANSWER ALL QUESTIONS (20 Marks).

QUESTION 1

a). Explain the following terms;

- i) Humanistic Theories(2Marks).
- ii) Third Force (2Marks)
- ii) Unconditional Positive Regard (2Marks)
- iii) Phenomenology (2Marks)

b). Justify **two** ways educators can use humanistic theories to create a more empowering learning environment (4Marks).

c) Humanistic psychology values individuality, while African cultures often emphasize communal relationships.

Discuss **two** ways on how you can balance these perspectives in counseling (4Marks).

d). Viktor Frankl emphasized that meaning can be found even in suffering. Elaborate **two** ways on how this idea can align with Christian teachings on suffering (4marks)

PART B. ANSWER ANY TWO QUESTIONS (20Marks)

QUESTION 2

- a) Maslow's theory suggests that people cannot focus on higher needs if their basic needs are unmet. However, many Africans find purpose and meaning even in difficult circumstances.

Explain **two** ways how this critique influences the application of Maslow's theory in African contexts (4Marks).

- b) A client frequently talks about a past event in their life, like a painful breakup, and seems to focus on the hurt without moving forward.

Discuss **three** ways on how you can use the concept of "unfinished business" to help the client process their emotions and move forward in therapy (6Marks).

QUESTION 3

- a) A person who feels constantly overwhelmed at work keeps saying "I have too much to do" but never articulates specific tasks or feelings. Using Gestalt therapy's emphasis on

the "here-and-now," Justify **two** ways on how you would help the client explore their current experience and break down the overwhelming feelings **(4Marks)**.

- b) Demonstrate **three** ways on how the concept of Ubuntu align with Carl Rogers' emphasis on unconditional positive regard **(6Marks)**.

QUESTION 4

- a) A couple in marriage counseling struggles because one partner is highly extroverted while the other is highly introverted. Analyze **two** ways on how a therapist can use trait theory to help them understand each other better **(4Marks)**.
- b) Discuss **three** ways in which the Bible support the idea that people have unique traits and personalities that shape their purpose in life **(6marks)**.

QUESTION 5

- a) A client avoids discussing their emotions in therapy, frequently deflecting with humor or dismissive comments about sensitive topics.
Evaluate **two** ways on how you can use the concept of "contact and withdrawal" to understand the client's avoidance behavior **(4Marks)**.
- b) A church leader in Kenya today may notice that some Gen Z youth in the congregation are driven by a strong desire for influence and recognition — what Murray's Personology would call a high Need for Dominance. While this can be a sign of leadership potential, it may also come with challenges like pride, impatience, or resistance to authority.

Illuminate **three** ways how the biblical teachings on servanthood (Mark 10:45 "For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.") can be used to guide them toward healthy leadership development **(6Marks)**.

