



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

**END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY
JANUARY-APRIL 2025 SEMESTER**

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU 2123

COURSE TITLE: COUNSELLING 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*

SECTION A: COMPULSORY (20 MARKS)

Question 1

- a) Describe counselling theories according to Onah (2005).
(2 marks)
- b) Explain any **two** characteristics of counselling theories according to McLeod (2011).
(4 marks)
- c) Discuss any **two** counselling objectives of the Trait and Factor Theory.
(4 marks)
- d) Explore any **two** views of human nature in the Minnesota view point.
(4 marks)
- e) Expound on any **two** cognitive stages of Bruner's Cognitive Theory.
(4 marks)
- f) Illuminate any **one** cause of psychopathology in Psychoanalytic Theory.
(2 marks)

SECTION B: ANSWER ANY TWO QUESTIONS (20 MARKS)

Question 2

Millie, a 40-year-old female, is struggling with feelings of emptiness and lack of purpose after being laid off from a job she held for over 15 years. She often questions the meaning of life and is increasingly withdrawn from family and friends.

- a) Explain any **two** possible existential causes of Millie's struggles.
(4 marks)
- b) Discuss any **three** Existential Therapy techniques to help Millie, explaining how they apply to her situation.
(6 marks)

Question 3

Martin, a university student, experiences intense anxiety over her academic performance. She believes, "If I don't get perfect grades, I am a failure." She frequently experiences panic attacks before exams and is finding it increasingly difficult to cope.

- a) Describe any **two** key assumptions of Aaron Beck's Cognitive Therapy that are relevant to Martin's situation. (4 marks)
- b) Explore any **three** goals of therapy for Martin using Cognitive Therapy.
(6 marks)

Question 4

Debra, a young professional, often feels frustrated and angry at her co-workers when they do not meet her expectations. She holds the irrational thought, "People must always do what I think is right." Her frustrations lead to arguments and strained relationships at work.

- a) Explain any **two** potential causes of Debra's psychopathology from a Rational Emotive Behavioral Therapy perspective. (4 marks)

- b) Expound on any **three** Rational Emotive Behavioral Therapy techniques that could help Debra. (6 marks)

Question 5

Patrick, a mid-level manager, struggles with managing team dynamics and often feels overly responsible for his team members' performance and happiness. He tends to adopt a "Parent" role, attempting to solve all problems, which has led to stress and burnout.

- a) Explain any **two** causes of Patrick's stress and burnout from a Transactional Analysis perspective. (4 marks)
- b) Discuss any **three** goals of therapy for Patrick using Transactional Analysis. (6 marks)