



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

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

SEPTEMBER-DECEMBER 2024 SEMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD 107

COURSE TITLE: COUNSELLING MODELS

EXAM DATE: WEDNESDAY 4TH DECEMBER 2024

DURATION: 3 HOURS

TIME: 6:00PM-9:00PM

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) Explain any **two** goals of therapy in Client-Centered Therapy. (4 marks)
- b) Describe any **two** techniques used in Client-Centered Therapy. (4 marks)
- c) Discuss any **two** causes of psychopathology from a psychoanalytic perspective.(4 marks)
- d) Explore **two** primary goals of Systemic Family Therapy. (4 marks)
- e) Illuminate any **two** causes of psychopathology in Adlerian Therapy.(4 marks)

SECTION B: ANSWER ANY TWO QUESTIONS (20 MARKS)

Question 2

James, a 45-year-old male, is struggling with feelings of emptiness and lack of purpose after being laid off from a job he held for over 20 years. He often questions the meaning of life and is increasingly withdrawn from family and friends.

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

Question 3

Monica, 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 Cognitive Behavioral Therapy that are relevant to Sarah's situation.(4 marks)
- b) Explore any **three** goals of therapy for Monica using Cognitive Behavioral Therapy. (6 marks)

Question 4

Michael, a young professional, often feels frustrated and angry at his co-workers when they do not meet his expectations. He holds the belief, "People must always do what I think is right." His frustrations lead to arguments and strained relationships at work.

- a) Describe any **two** potential causes of Michael's psychopathology from a Rational Emotive Behavioral Therapy perspective.(4 marks)
- b) Discuss any **three** Rational Emotive Behavioral Therapy techniques that could help Michael. (6 marks)

Question 5

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