



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

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

JANUARY- APRIL 2025 SEMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU2113

COURSE TITLE: PSYCHODYNAMIC 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). Psychodynamic theories **(2Marks)**

ii). Defense Mechanisms **(2Marks)**

iii). Free Association **(2Marks)**

iv). Dream Analysis **(2Marks)**

b). Discuss two reasons for Studying Psychodynamic Theories in Counseling Psychology **(4Marks)**

c). Evaluate two ways on how Adler's concept of "striving for superiority" can be applied to help a client struggling with low self-esteem **(4Marks)**.

d). A youth pastor wants to inspire young people to live out their faith. Based on Social Learning Theory, Justify two ways on how he can be an effective role model **(4Marks)**.

PART B. ANSWER ANY TWO QUESTIONS (20Marks)

QUESTION 2

a). Discuss two ways in which Sullivan's "Self-System" (Good Me, Bad Me, Not Me) can be used to help a trauma survivor rebuild their self-identity **(4Marks)**.

b). A client has difficulty forming close relationships and tends to push people away when they get too emotionally close.

Using Freud's psychosexual stages, explain three ways on how unresolved issues in childhood might have contributed to this behavior **(6Marks)**.

QUESTION 3

a). Evaluate two ways on how cultural expectations shape gender roles today, similar to Horney's idea of womb envy **(4Marks)**.

b). James struggles with feeling close to God only when things are going well but feels abandoned during hard times.

Demonstrate three ways on how Mahler's theory of object constancy can be used to help him develop a more stable faith. **(6Marks)**.

QUESTION 4

a). A client has an intense fear of dogs. Describe two ways on how exposure therapy, based on classical conditioning principles, help reduce their fear over time **(4Marks)**.

b). Eysenck proposed that biological factors influence personality traits, particularly through genetic and neurological mechanisms. The Bible, in Psalm 139:13-14, states, "For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made."

Examine three ways on how biblical understanding of human creation can support Eysenck's view that personality is biologically determined **(6Marks)**.

QUESTION 5

a). Explore two ways on how parents can serve as effective role models for their children, according to Bandura's principles of social learning **(4Marks)**.

b.) Joseph, a 50-year-old businessman, feels unfulfilled despite financial success. He begins questioning whether his work has any deeper purpose. He has been distant from his children and wonders if he has contributed meaningfully to their lives.

Examine three of Joseph's crisis through the lens of Generativity vs. Stagnation **(6Marks)**.

