



**PAN AFRICA CHRISTIAN UNIVERSITY**  
**END OF SEMESTER EXAMINATION FOR THE DEGREE OF**  
**BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY**  
**SEPTEMBER-DECEMBER 2024**

**CAMPUS: ROYSAMBU**

**DEPARTMENT: PSYCHOLOGY**

**COURSE CODE: COU 2113**

**COURSE TITLE: PSYCHODYNAMIC THEORIES**

**EXAM DATE:**

**TIME:**

**INSTRUCTIONS**

- Read all questions carefully before attempting.
- Write your **student number** on the answer booklet provided.
- Answer **ALL** questions in Section A and **ANY** two in Section B

## **Section A: Compulsory; attempt ALL questions (20 Marks)**

### **Question 1**

- a) Define the following terms:-
  - i) Free association (2 marks)
  - ii) Observational learning (2 marks)
  - iii) Fictional finalism (2 marks)
  - iv) Personality (2 marks)
- b) Explain any two goals of psychodynamic theories (2 marks)
- c) Explain any two weaknesses of psychodynamic theories (2 marks)
- d) Differentiate between free-will and determinism. (2 marks)
- e) Define and give examples on three ego defense mechanism (6 Marks)

## **Section B: Attempt Two questions from this section (10 Marks each)**

### **Question 2**

Ms. Lonny (35 years old) has been referred to your Counselling Center by the Personnel Manager of Jadi Public Relations Company for psychological help. The manager's report describes her as verbally abusive and dislike team work. Your assessment indicate that she was given for adoption at birth because her mother was a teenager who could not take care of the her by then. She perceives the other people as unloving, and unkind to her. She harbors a lot of anxiety when alone and when relating with others and she prefers being alone.

From this narrative: -

- (a) Determine any two key factors of psychoanalytic theory that would guide you in this therapy. (4 marks)
- (b) Explain any three types of neurotic coping mechanisms that people like Lonny who suffer "real or perceived" societal rejection may develop as purported by Karen Horney. (6 marks)

### **Question 3**

- (a) Explain the role of the family in development of individual's lifestyle as purported by Adlerian therapists (4 marks)
- (b) Distinguish between Anima and Animus according to Carl Jung (4 marks)

(c) Distinguish between positive reinforcement and punishment. (2 marks)

#### **Question 4**

By almost anyone's standard Martin is extremely successful. His life has always been good. However, he actually came from very humble beginnings. His mother stayed at home and his father was a carpenter. His parents were not affectionate toward Martin and his siblings and at times not even the children's basic physical needs were met.

Martin felt embarrassed by his humble beginning. He became determined to rise above his early station life and achieve a more successful and sophisticated life. He prefers not to think or discuss his childhood. His law firm law firm and wallet grew in size. Because he is well known, several organizations have asked him to be on the boards of directors, but he refused all of them. Martin is not active in any community activities and does no volunteer work, not even pro bono legal work.

- a) According to Adler's theory explain Martin's goal, give evidence for your answer. (4 Marks)
- b) Discuss if Martin has a high or low level social interest, and what would be the cause of this social interest? (6 Marks)

#### **Questions 5**

Marc is often frustrated and angry, but most of the time he keeps his feelings under control. One day, during a meeting at work, Marc stormed out of the room and kicked the drinks machine so hard that the glass screen broke.

- a) Discuss two ways a psychodynamic psychologist might explain Marc's behaviour. (4 marks)
- b) Explain how a social learning psychologist might explain violent behaviour such as that shown by Marc.(4 marks).