



**PAN AFRICA CHRISTIAN UNIVERSITY**  
**SCHOOL OF HUMANITIES AND SOCIAL SCIENCES**  
**END OF SEMESTER EXAMINATION FOR THE DEGREE OF**  
**BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY**  
**SEPTEMBER-DECEMBER 2019**

**CAMPUS: ROYSAMBU**

**DEPARTMENT: COUNSELLING PSYCHOLOGY**

**COURSE CODE: COU2123**

**COURSE TITLE: COUNSELING THEORIES**

**EXAM DATE: TUESDAY 3<sup>RD</sup> DECEMBER 2019**

**DURATION: 2 HOURS**

**TIME: 9:00AM-11:00AM**

**INSTRUCTIONS**

- Read the instructions and questions carefully before you write the answers.
- Write your **STUDENT NUMBER** in the Answer Booklet given
- *Write clearly and legibly.*
- This exam script consists of **Six (6)** questions.
- Answer **question ONE** and **Any other three (3)** questions
- *ALL PAC University's examination rules and regulations apply*

**QUESTION 1: Compulsory**

- a) Explain any two reasons why Egan’s Eclecticism is referred to as developmental (6mks)
- b) State any two goals of counselling (2mks)
- c) Explain the importance of gaining insight in counselling (5mks)
- d) Explain any four ways in which spirituality is important in mental health (4mks)
- e) State any three goals of solution focused brief therapy (SFBT) (3mks)
- f) State any two functions of SFBT counselling (2mks)
- g) Explain any four reasons why it is necessary for a counsellor to balance high challenge with high support in therapy (8 mks)

**QUESTION 2**

a) Explain the following three pillars that form content issues that clients present for counselling according to Susan Gilmore

- i) Relationship (2mks)
- ii) Work (2mks)
- iii) Identity (2mks)
- b) Identify any four skills of a high functioning counsellor according to Robert Carkhuff

(4mks)

**QUESTION 3.**

a). Explain the importance of the following relationship variables as outlined by Stanely Strong

- i) Attractiveness 2mks
- ii) Trustworthiness 2mks
- iii) Expertness 2mks

b). Explain the importance of acquisition of skills according to Gerald Egan 4mks.

**QUESTION 4**

- a). Describe any four functions of a theory 8mks
- b) Using examples, distinguish humanistic from psychodynamic theories of counselling 2mks

**QUESTION 5**

- a) Describe any three skills that a client should acquire so as to be psychologically healthy according to Gerald Egan 6mks
- b) Explain any two roles of the environment and the individual in acquisition of psychological disturbance. 4 mks

**QUESTION 6)**

- a) Using two examples, explain the meaning of the term integration in counselling 6mks

b) Explain any two benefits of integration in counselling

4mks