



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

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

SEPTEMBER–DECEMBER 2024 SEMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU 2123

COURSE TITLE: COUNSELING 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) Discuss **two** reasons for studying Counseling Theories in psychology**(4marks)**.
- b) Imagine you are a counselor working with a client who struggles with depression. Explain **two** reasons why having a clear theoretical framework is important in guiding your approach to treatment in this case**(4marks)**.
- c) Describe **two** roles of empathy in Person-Centered Therapy**(4marks)**.
- d) You are counseling a young adult who constantly feels inferior in their workplace. Analyze **two** points on how you would apply Adlerian principles to help this client develop a sense of personal self-worth **(4marks)**.
- e) Explore **two** points on how existential anxiety, particularly around themes of freedom and responsibility, can be managed within the context of a Christian worldview **(4marks)**.

PART B. ANSWER ANY TWO QUESTIONS (20Marks)

QUESTION 2

A client discloses sensitive personal information that could harm others if not addressed, but they ask you to keep it confidential. As counselor;

- a) Discuss two points on how you would handle this situation while balancing the ethical principle of confidentiality with your duty to protect others **(4marks)**.
- b) Explore three ways on how focusing on present-moment awareness help clients gain insight into their emotions **(6marks)**.

QUESTION 3.

A client expresses guilt and shame over past mistakes;

- a) Demonstrate two ways on how you would apply unconditional positive regard in your person-centered approach to help the client feel accepted and understood **(4marks)**.
- b) Analyze three points on how classical conditioning could be applied to help a student overcome the fear of public speaking in a Kenyan university setting **(6marks)**.

QUESTION 4

A male client expresses frustration over societal expectations that he should always be "strong" and suppress emotions.

- a) Discuss two points on how you would address these concerns through the lens of feminist therapy **(4marks)**.
- b) Explain three ways on how you would use postmodern approaches to challenge these socially constructed beliefs **(6marks)**.

QUESTION 5

a). In helping a client struggling with addiction, demonstrate two ways on how you would integrate Christian spiritual practices to support long-term recovery **(4Marks)**.

b). Discuss three points on how you would integrate Christian principles of forgiveness when working with clients who struggle with guilt and feelings of failure **(6Marks)**.

THE END.