



PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF ARTS
COUNSELLING PSYCHOLOGY
MAY-AUGUST 2021

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD 107

COURSE TITLE: COUNSELING MODELS AND STRATEGIES

EXAM DATE: 5 AUGUST 2021

TIME: 14 – 1730 HRS

INSTRUCTIONS

- Read the questions carefully before attempting.
- This Exam accounts for thirty **(40)** per cent of your total grading.
- The Exam has two sections – Section A and B.
- Section A has a compulsory question that carries **Twenty (20)** marks. Attempt all the sections.
- Section B has **four (4)** questions, each carrying **Ten (10)** marks. You are required to answer any **two (2)**.
- Only the first **two** questions from section B attempted on the exam platform will be marked. If you do not wish that to happen, delete any answers you do not wish marked.

ALL PAC University's examination rules and regulations apply

Part A answer all questions Twenty (20) marks

Question 1

- a) Explain at least Three Therapeutic techniques used by Gestalt therapists. 3 marks
- b) Explain any two techniques for client-centered therapy. 2 marks
- c) Discuss any three styles of life according to Adler. 3 marks
- d) Describe at least three goals of therapy according to REBT. 6 marks
- e) Explain any three defense mechanisms according to Freud. 6 marks

Part B answer any 2 questions Twenty (20) marks

Question 2

- a) Analyze any two therapist's attributes which according to Rogers help create growth-promoting climate in therapy. 4 marks
- b) Discuss any three archetypes identified by Carl Jung. 6 marks

Question 3

- a) Describe the view of human nature according to person centered theory. 2 marks
- b) Explain any two psychosexual stages of development according to Freud. 4 marks
- c) Discuss the importance of fulfilling the physiological needs and safety needs according to Maslow theory. 4 marks

Question 4

- a) Identify two benefits for giving a client strategic homework in REBT. 4 marks
- b) Analyze the use of any two Cognitive Behavioral Therapy technique. 4 marks
- c) Give two counseling techniques of Behavioral therapy 2 marks

Question 5

- a) With examples name five personal characteristics of effective counselors. 5 marks
- b) With illustrations discuss five benefits of counseling. 5 marks