



DEPARTMENT OF PSYCHOLOGY
COU 2213 COGNITIVE & HUMANISTIC THEORY

JANUARY- APRIL 2022 SEMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU 2123

COURSE TITLE: COGNITIVE & HUMANISTIC THEORY

EXAM DATE: 12/4/2022

DURATION: 2 HOURS

TIME:

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your **STUDENT NUMBER** in the Answer Booklet given
- **Answer question 1 and any other TWO questions**
- *Write clearly and legibly.*
- *ALL PAC University's examination rules and regulations apply*

SECTION A

ANSWER ALL THE QUESTIONS (COMPULSORY) 10Marks

QUESTION ONE

- a) Highlight the following terms (2mks)
 - i. Incongruence

- ii. Personality Theories
- b) Examine two factors that influence Personality development (2mks)
- c) Explain two conditions necessary in a counseling session according to Carl Rogers. 2mks
- d) Describe two roles of the therapists in cognitive behavioral theory (4mks)

SECTION B CHOOSE ANY TWO QUESTIONS (20MARKS)

QUESTION TWO

- a) Explain the view of human Nature in the Person Centered theory (2mks)
- b) **Read the following CASE STUDY and answer the questions that follow:**

THE CASE OF LIANA

Liana is a 39year old career woman who passionately loves what she does. She has been married for 8 years but recently found out the husband is in another relationship and no longer interested in her. According to Liana her husband is no longer exciting and had also become verbally and sexually abusive. He often criticized her physical looks, her weight and dressing. During her marriage Liana had had two abortions because the husband insisted and he didn't think she was yet ready to be a responsible parent.

Liana expresses that the other woman is more beautiful than she is and has a 12 year old girl whom the husbands takes care off. Liana thinks the best solution is getting a divorce. (looks sad and unsettled as she expresses this). She explains she is not sure of this decision as she doesn't want to follow her mothers and elder sisters' choices of divorces and remarriage. She beliefs that the husband should change his position of not having children. She is also planning to resign from her career once she got pregnant.

Liana is the 3rd born of three siblings, one brother and one sister. Her parents were very busy people as they had to make ends meet in order to feed and educate Liana and her siblings. This made the parents to have conflicts and this resulted to a separation. During her teenage hood, she was rebellious and occasionally skipped school and church services which her parents valued so much. At one time she found herself in a juvenile court. She dated older boys who were in college and of who mostly were friends to her brothers. In spite of this, at one of the boys visit she was gang rapped. The mother blamed her for this and warned her not to share with anyone inclusive of the neighbors who were her customers and more so the father who was still educating them.

. After completing a course in business administration she was employed from one office to another and would continually get into arguments and confrontations with the bosses especially men bosses whenever she thought they mistreated her especially with sexual advancements. To her all men were inconsiderate and egocentric.

- i. Explain one distortion presented by Liana that you need to challenge. (2mk)
- ii. Describe two interventions therapists would engage in the process of helping Liana with her presenting issues (4mks)

- iii. According to Maslow's Hierarchy Need theory, clarify at what level of the tier Liana is at. **(2mks)**

QUESTION THREE

- a) Explain two sources of maladaptive cognitions in Cognitive Behavioral therapy **(2mks)**
- b) Discuss two characteristics of a fully functioning person according to the Rogerian Theory **(2mks)**
- c) Describe how you would apply Rational Emotive Behavioral Theory when handling Lianas Case Study in **QUESTION TWO**. **(6mks)**

QUESTION FOUR

- a) Explain briefly two areas or disorders where cognitive behavioral therapy is used.
(2mks)
- b) Discuss two characteristics of a fully functioning fully according to Karl Rogers.
(4mks)
- c) Discuss the two dimensions of motivation in Abraham Maslow theory.**(4mks)**

QUESTION FIVE

- a) Describe how you would apply the Maslow's hierarchy of needs in an Education setup. **(4mk)**
- b) Describe how you would help a client correct faulty cognitive process using the following techniques; **(4mks)**
 - i. Relaxation therapy
 - ii. Guided discovery
 - iii. Thought stopping
 - iv. Cognitive restructuring
- c) Explain the following in the Trait Therapy approach in counseling.**(4mks)**
 - i. Central trait and Secondary traits
 - ii. two description of personality traits