



PAN AFRICA CHRISTIAN UNIVERSITY
END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY
JAN-APRIL 2021

CAMPUS: ROYSAMBU

DEPARTMENT: COUNSELING PSYCHOLOGY

COURSE CODE: COU2123

COURSE TITLE: COUNSELLING THEORIES

EXAM DATE: 9TH APRIL 2021

TIME: 6:00 P.M. – 9:00 P.M

INSTRUCTIONS

- Read all questions carefully before attempting.
- Answer **ALL** questions in Section A and **ANY TWO** in Section B

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

Question 1

- a) Discuss **four** qualities of good counselors. **(4 Marks)**
- b) Explain **three** ways that personal therapy can contribute to a therapist professional work. **(6 Marks)**
- c) Discuss the three personality systems according to Sigmund Freud. **(6 Marks)**
- d) Freud says that we can get fixated in either of the psychosexual stages discuss how we can get fixated. **(4 Marks)**

SECTION B: ATTEMPT TWO QUESTIONS FROM THIS SECTION (20 MARKS)

Question 2

John has refused to go for therapy because he fears no one will listen to him. He has experienced rejection ever since his parents separated from age 12.

- a) Describe the three core conditions from Person-Centered therapy that you will use to help him to work on his issues. **(6 Marks)**
- b) Discuss two therapeutic goals of Person Centered Therapy. **(4 Marks)**

Question 3

Discuss the following in behavior therapy.

- a) Key concepts on human nature. **(2 Marks)**
- b) Therapeutic process (role of therapist and client). **(4 Marks)**
- c) Therapeutic Techniques and procedures. **(4 Marks)**

Question 4

- a) Discuss **three** therapeutic techniques of Solution Focused Brief Therapy. **(6 Marks)**
- b) Discuss **two** therapeutic techniques in Narrative Therapy. **(4 Marks)**

Question 5

Identify the theory that works for you. The process involves paying special attention to your personal characteristics such as values, gender, religions background that may lead you to adopt these views and theoretical approaches. **(10 Marks)**

Question 6

- a) Discuss Albert Ellis A-B-C theory of personality and tell how people develop irrational and masturbatory belief systems. **(5 Marks)**
- b) Albert Ellis gives three main therapeutic processes used in emotive behavior therapy; cognitive, emotive evocative and behavioral, discuss these three processes. **(5 Marks)**