



PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR CERTIFICATE IN
COUNSELING PSYCHOLOGY
SEPTEMBER-DECEMBER 2019

CAMPUS: ROYSAMBU

DEPARTMENT: COUNSELLING PSYCHOLOGY

COURSE CODE: CCOU0117

COURSE TITLE: INTRODUCTION TO THEORIES OF COUNSELING

EXAM DATE: THURSDAY 5TH 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

1. A) Briefly define the following terms;
 - i) Theory (2 Marks)
 - ii) Counselling (2 Marks)
 - iii) Counselor (2 marks)
- B) Explain TWO reasons why counselling theories are important (4 Marks)
2. A) Briefly describe
 - i) Any three concepts in Psychoanalysis theory (6 marks)
 - ii) Discuss the three Personality components in this Theory (6 Marks)
- B) Describe how you can deal with your past experiences from the biblical perspective (6 Marks).

QUESTION 2

- a) Discuss the importance of theoretical spiritual integration (4 Marks)
- b) State any ONE concepts in Adlerian therapy (2Marks)
- c) Explain the A-B-C framework in Rational Emotive Behavioral Therapy (4 Marks)

QUESTION 3.

- a) Explain the importance of dealing with “HERE” and “NOW” in Gestalt therapy (4 Marks)
- Marks)
- b) List any THREE psychosexual stages of development according to psychoanalysis theory (3 Marks)
 - d) Describe any ONE concept in Gestalt therapy (3 Marks)

QUESTION 4

- a) Briefly describe the term “Rational Behavior” (4 Marks)
- a) Briefly discuss the three key components in Rational Emotive Behavioral Therapy (REBT) (6 Marks)

QUESTION 5

- b) Discuss the moral principle of Personality in Psychoanalysis Theory (6Marks)
- c) Describe what is an Irrational behavior (4 Marks)

QUESTION 6

- a) Briefly discuss any two concepts in Person Centered Theory (6 Marks)
- b) Explain the any TWO goals of Counselling psychology (4 Marks)