



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

END OF SEMESTER EXAMINATION FOR THE DEGREE OF

BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY

JANUARY-APRIL 2019 SEMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU2123

COURSE TITLE: COUNSELLING THEORIES

EXAM DATE: TUESDAY 16th APRIL 2019

DURATION: 3 HOURS

TIME: 9:00AM-12:00PM

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 has **THREE** Sections
- SECTION A is Compulsory.
- Answer **ONE** question in **SECTION B** and **C**
- *ALL PAC University's examination rules and regulations apply*

Section A: Answer all questions in this section (60mrks)

1. (a). State **any two** importance of using theories in psychotherapy counseling (4mrks)
- (b). Differentiate between the following counseling approaches (2mrks)
 - i. psychodynamic and pastoral counseling (4mrks)
 - ii. Humanistic and biblical counseling (4mrks)
- (c). Describe a major comparison of psychosexual and psychosocial stages in the following periods of life.
 - i. 0-1 year (2mrks)
 - ii. 1-3 years (2mrks)
- (d). Illustrate how the three division of the structure of personality develop according to Freud. (6mrks)
- (e). Explain **any one** key concept within the following theories
 - i. Gestalt therapy (4mrks)
 - ii. Bowenian family therapy (4mrks)
- (f). Discuss how you would apply a scaling question from the Solution Focused Brief therapy during a beginning and the end of a therapy session (6mrks)
- (g). Explain the role of a counselor and client in a therapy session. (6mrks)
- (h). Discuss your understanding on what is meant by inappropriate personal relationships in counseling. (4mrks)
- (i). Demonstrate any two ways that a counseling can assist the clients to gain insight into their resources. (4mrks)
- (J). Examine and discuss the following:-
 - i. How experiences of the family of origin are transgenerationally emitted. (4mrks)
 - ii. Any two impacts the transgenerationally emissions have on the current adult relationships. (4mrks)

SECTION B: Answer only one question (20mrks)

2.
 - a. In a counseling session, clients may apply competing agendas. Outline **any four** ways a therapist can help a clients deal with competing agendas. (8mrks)
 - b. Demonstrate **any three** ways that a counselor can facilitate a client tell their story. (6mrks)
 - c. Discuss various ways in which a counselor can terminate a session. (6mrks)

3. a. Critically discuss the following:-
 - i. **Any two** conditions of worth. (6mrks)
 - ii. How conditions of worth influence self concept in a client. (3mrks)
- b. Explain by giving examples any two hierarchy needs of Abraham Maslow (6Mks)
- c. Discuss any malpractice issue in a counseling process (5Mks)

SECTION C: Answer only one question in this section - (20mrks)

4. a. State major importance of a counselor using Egalitarian approach during the helping process (2mrks)
- b. Explain the following terms:
 - i. Client right (3mrks)
 - ii. Confidentiality (3mrks)
- c. Discuss any major component of counselor competence model stages that were developed by Connor. (1995) (4mrks)
- d. Identify four personal motivational factors that enable helpers to be effective (8mrks)
5. a. Critically discuss **any two** characteristics that enable helpers to be effective (6mrks)
- b. State **any two** items/things clients bring with them to the helping encounter (4mrks)
- c. Describe the following key concepts by Carol Rogers:-
 - i. Actualization (3mrks)
 - ii. Phenomenological perspective (3mrks)
- d. Explain the following defensive mechanisms
 - i. Rationalization (2mrks)
 - ii. Displacement (2mrks)