



**PAN AFRICA CHRISTIAN UNIVERSITY
EXAMINATION FOR DIPLOMA IN COUNSELLING
CAMPUS: ROYSAMBU DAY CLASS
DEPARTMENT: COUNSELLING AND PSYCHOLOGY**

**CAMPUS: ROYSAMBU
DEPARTMENT: PSYCHOLOGY
COURSE CODE: COD 109
COURSE TITLE: HUMANISTIC THEORIES
EXAM DATE: 27TH JULY 2022
TIME: 11.30 a.m. – 2.00 p.m.
INSTRUCTIONS**

- This examination script consists of **Five (5)** questions.
- Read all questions carefully before attempting.
- Answer **Question one (COMPULSORY)** and any other **two** questions from **SECTION B**
- Question **one** carries **20 marks**
- Question 2-5 carry **10 marks** each

SECTION A: ANSWER ALL QUESTIONS IN THIS SECTION (20 MARKS)

1. (a) Briefly explain how the following manifests in life of an individual:
 - (i) Self-actualization **(2 marks)**
 - (ii) Self esteem **(2 marks)**
 - (iii) Locus of evaluation **(2 marks)**
 - (iv) Unfinished business. **(2 marks)**
 - (v) Neurosis **(2 marks)**
- (b) Quin, a 24 year old Christian has visited your counselling center for therapy. In your exploration, you have found out that she is not performing well in her academics, she is suffering from low self-esteem and lack of confidence. She also complains that her church only concentrates on preaching on Sundays.
 - (i) Identify **three** counselling skills that would help you to create a therapeutic atmosphere in your therapy with Quin. **(3 marks)**
 - (ii) Outline **any three** qualities of a humanistic counselor that could enable you work well in this counselling relationship. **(3 marks)**
 - (iii) Explain **two ways** local spiritual community would help their young members develop a sense of belonging instead of loneliness. **(4 marks)**

SECTION B: ATTEMPT ANY TWO QUESTIONS (20 MARKS)

2. (i) Describe process of meeting a human's need according to Maslow. **(3 mks)**
 - (ii) Explain with an example the person centered theoretical assumption of human nature. **(4 mks)**
 - (iii) Identify the **three** factors of triage that you would consider in when assessing your client's problem. **(3 mks)**
3. Describe:
 - (i) Role of unconditional positive regard in a therapy. **(2 marks)**
 - (ii) Any two goals of gestalt therapy. **(4 marks)**
 - (iii) Any two goals of reality therapy. **(4 marks)**
4. (i) Indicate the importance of the following factors in counselling atmosphere:
 - (a) Congruence. **(1 mark)**
 - (b) Empathy. **(1 mark)**
 - (ii) Discuss **any two** theoretical interventions of narrative therapy. **(4 marks)**
 - (iii) Determine **any two** goals of person centered therapy. **(4 marks)**
5. (i) Explain **one** importance of personal therapy to a counselling student. **(2 marks)**
 - (ii) Describe any two principles of humanistic theories. **(4 marks)**
 - (iii) Explain **any two** advantages of this course to a counselling student. **(4 marks)**