



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

**END OF SEMESTER EXAMINATION FOR THE DEGREE OF
DIPLOMA IN COUNSELLING PSYCHOLOGY**

JANUARY-APRIL 2025 SEMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD 103

COURSE TITLE: PSYCHODYNAMIC THEORIES

EXAM DATE:

DURATION: 3 HOURS

TIME:

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- **Answer question 1 and any other TWO questions**
- *ALL PAC University's examination rules and regulations apply*

SECTION A: COMPULSORY (20 MARKS)

Question 1

- a) Explain the following terms used in Psychodynamic theories:
- i) Anima (2 marks)
 - ii) Animus (2 marks)
 - iii) Phenomenological approach (2 marks)
 - iv) Idealized parent Imago (2 marks)
- b) Describe any **two** core assumptions emphasized by psychodynamic theories. (4 marks).
- c) Explore any **two** benefits of learning psychodynamic theories in counselling. (4 marks)
- d) Discuss any **two** stages of development in Sullivan's Interpersonal Theory (4 marks)
- e) Joseph walks into your counseling room presenting with anxiety. In his second counselling session, he confides in you that he had a traumatic experience after his wife and child died in a tragic accident
- i) Explain any **two** goals of therapy in helping Joseph as a Psychoanalytic theorist. (2 marks)
 - ii) Discuss any **two** counselling techniques from a psychoanalytic perspective. (2 marks)

SECTION B: ANSWER ANY TWO QUESTIONS (20 MARKS)

Question 2

David, a 42-year-old entrepreneur, feels dissatisfied despite his success. He often compares himself to younger business leaders and worries that he has not achieved enough. Lately, he has been questioning his life's purpose and struggling with feelings of stagnation.

- a) Describe the life stage that David is experiencing according to Erikson's psychosocial stages. (2 marks)
- b) Explore the primary conflict at this stage. (2 marks)
- c) Explain any **three** therapeutic interventions that would help David resolve this conflict. (6 marks)

Question 3

A therapist is working with a client who has difficulty trusting romantic partners and avoids emotional closeness. Whenever their partner expresses feelings, they withdraw or dismiss their concerns.

- a) Describe the attachment style that the client is presenting (2 marks)

- b) Analyze any **one** role of attachment in Bowlby's theory. (2 marks)
- c) Expound on any **three** counselling techniques you would use to help the client develop healthier attachment according to John Bowlby. (6 marks)

Question 4

Anna constantly seeks validation from others. She avoids confrontation and agrees with others even when she disagrees internally. She fears rejection and often loses herself in relationships.

- a) Describe any **two** coping strategies which Anna is using based on Karen Horney's neurotic personality types. (4 marks)
- c) Discuss any **three** counselling techniques that you would use as a counsellor to help Anna. (6 marks)

Question 5

Julia, a 30-year-old woman, has difficulty maintaining stable relationships. She either idolizes or completely devalues people in her life. She often seeks admiration but feels deeply insecure and empty inside.

- a) Explain Julia's behavior based on Melanie Klein's theory of splitting. (2 marks)
- b) Explore any **one** way Kohut's Self Psychology would view Julia's unstable sense of self. (2marks)
- c) Expound on any **three** kinds of self-object experiences the counsellor would use that is beneficial in therapy for Julia. (6 marks)