



PAN AFRICA CHRISTIAN UNIVERSITY

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

JANUARY – APRIL 2021

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD 107

COURSE TITLE: COUNSELING MODELS

EXAM DATE: 13TH APRIL 2021

TIME: 11:15AM – 2:15PM

INSTRUCTIONS:

- Read the instructions and questions carefully before you start the examination.
- This exam has SIX questions. Answer **QUESTION ONE** and any other **THREE** questions from section B.
- *ALL PAC University's examination rules and regulations apply*

SECTION A: COMPULSORY (10 MARKS)

QUESTION 1

- a) Describe TWO key components of a psychology theory. (2 marks)
- b) Differentiate between Rational emotive behavioral theory and Cognitive behavioral theory. (8 marks)

SECTION B: Answer any THREE questions from this section 10 Marks each.

QUESTION 2

- a) Discuss ONE concept of Alfred Adler's theory. (2 marks)
- b) Describe FOUR categories of theories. (8 marks)

QUESTION 3

- a) Analyze any TWO techniques that can be used in psychoanalysis. (4 marks)
- b) Describe THREE types of theories. (6 marks)

QUESTION 4

- a) Differentiate between Carl Jung assumptions and Sigmund Freud assumptions of theories. (4 marks)
- b) Discuss THREE reasons why theories are important in counseling. (6 marks)

QUESTION 5

- a) Describe any TWO irrational assumptions as described by Albert Ellis. (4 marks)
- b) Examine the THREE principles of client centered therapy. (6 marks)

QUESTION 6

- a) Analyze TWO concepts of Aaron Beck's Cognitive therapy. (4 marks)
- b) Describe any THREE techniques in Gestalt therapy. (6marks)