



PAN AFRICA CHRISTIAN UNIVERSITY

EXAMINATION (APRIL-AUGUST, 2022)

CAMPUS: ROYSAMBU

DEPARTMENT: COUNSELING PSYCHOLOGY

COURSE CODE: COU2213

COURSE TITLE: COGNITIVE AND HUMANISTIC THEORIES.

EXAM DATE: AUGUST, 2022.

TIME: 5.30 PM – 8.30 PM Three (3) HOURS

INSTRUCTIONS

- **Read all questions carefully before attempting.**
- **Question ONE IN SECTION A is Compulsory.**
- **Answer any other TWO questions FROM SECTION TWO.**

SECTION A - COMPULSORY QUESTION (20 MARKS).

QUESTION 1

- a) Explain Personality in the context of Psychology (2 marks).
- b) Outline two key tenets of Humanistic perspective of personality (2 marks).
- c) Explain any two common cognitive distortions a college student may have (4 marks).
- d) Differentiate between how Carl Jung and Karen Horney viewed human nature (4 marks).
- e) Outline four main theoretical perspectives applied in explaining personality (4 marks).
- f) Explain how Christianity views the development of personality in human beings (4 marks).

SECTION B: ANSWER ANY OTHER TWO QUESTIONS FROM THIS SECTION.

QUESTION 2

- a) Describe two main differences between Albert Ellis's REBT and Beck's version of cognitive therapy? (4 marks).
- b) Discuss how any three 'Birth Order' position can affect the personality of an individual according to Alfred Adler (6 marks).

QUESTION 3

- a) Discuss the following three personality traits as described in the Five-Factor trait theory of personality;
 - i) Openness (2 marks).
 - ii) Agreeableness (2 marks).
 - iii) Extroversion (2 marks).
- a) Outline any four techniques applied in Gestalt Therapy according to Fritz and Laura Perls (4 Marks).

QUESTION 4

- a) Describe the difference between Sigmund Freud and Erik Erikson's theories in the following areas;
 - i) View of human nature (2 marks).
 - ii) Nature of conflict (2 marks).
 - iii) How conflict is resolved (2 marks).
- b) Explain two major contributions of Carl Rogers as a Humanistic Theorist to Counselling Psychology (4 marks).

QUESTION 5

- a) Describe how the following factors can influence the development of personality;
 - i) Physical Factors (2 marks).
 - ii) Social Factors (2 marks).
 - iii) Psychological Factors (2 marks).
- b) Demonstrate how the lack of fulfillment of any two needs in Maslow's Hierarchy of Needs theory of personality development can result in mental illness (4 marks).