



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 2025 SEMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD 107

COURSE TITLE: COUNSELLING MODELS

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 any **two** views of human nature in the Client-Centered counselling model. (4 marks)
- b) Describe any **two** facts about the phenomenological approach in Adlerian counselling model. (4 marks)
- c) Discuss any **two** causes of psychopathology from a psychoanalytic perspective.(4 marks)
- d) Explore **two** primary goals of Systemic Family counselling model. (4 marks)
- e) Expound any **two** goals of therapy in Transactional Analysis counselling model.(4 marks)

SECTION B: ANSWER ANY TWO QUESTIONS (20 MARKS)

Question 2

James, a 45-year-old male, is struggling with feelings of emptiness and lack of purpose after being laid off from a job he held for over 20 years. He often questions the meaning of life and is increasingly withdrawn from family and friends.

- a) Explain any **two** possible existential causes of James's struggles. (4 marks)
- b) Discuss any **three** Existential Therapy techniques to help James, explaining how they apply to his situation. (6 marks)

Question 3

Mark, is a 35-year-old man experiencing intense frustration and anger after receiving negative feedback from his manager at work. Mark believes that being criticized means he is not good enough, and this irrational belief is causing him emotional distress.

- a) Describe any **two** counselling techniques in Rational Emotive counselling model that can help Mark.(4 marks)
- b) Explore any **three** characteristics of the therapeutic relationship in Rational Emotive Counselling model. (6 marks)

Question 4

Alex is experiencing symptoms of major depression, including fatigue, difficulty sleeping, lack of interest in daily activities, and persistent sadness. He has a family history of depression and anxiety.

- a) Describe any **two** potential causes of Alex's psychopathology from a Biomedical counselling model perspective. (4 marks)
- b) Expound on any **three** Biomedical model treatment techniques that could help Alex (6 marks)

Question 5

Emily is a 35-year-old project manager in a marketing firm. Recently, due to budget cuts, her team has shrunk, and her workload has increased significantly. Emily feels overwhelmed, struggles to meet deadlines, and has started experiencing symptoms of anxiety and burnout. She fears her productivity is slipping, and this might jeopardize her job.

- a) Explain any **two** therapeutic goals from a workplace counselling model perspective to help Emily. (4 marks)
- b) Explore any **three** techniques the therapist would use in Workplace counselling model. (6 marks)