



**PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES**

**END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY**

MAY-AUGUST 2018

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU2123

COURSE TITLE: COUNSELING THEORIES

EXAM DATE: FRIDAY 10TH AUGUST 2018

TIME: 7:00AM-9:00AM

INSTRUCTIONS

- Write your **student number** on the answer booklet provided.
- Read the questions carefully before attempting.
- **Answer Question ONE and any other THREE Questions out of the Four provided.**
- *Write clearly and legibly.*
- *ALL PAC University's examination rules and regulations apply*

Section I: Question is (COMPULSORY) (30 MARKS)

QUESTION 1

- a) Define the following terms:
 - i) Congruence (2mks)
 - ii) Death instinct (2mks)
 - iii) Social interest (2mks)
- b) Discuss two classifications of counselling theories and give examples of each (6mks)
- c) Discuss the main difference between directive and nondirective counselling approaches. Give examples (4mks)
- d) Distinguish between systemic and individual therapies (8mks)
- e) Jane is 17yrs and has decided that she will never have children because she is a lesbian. Her problem is that her parents are judgemental and rejecting of who she is and she feels she would rather die than live a life of pretence to please her parents. Describe and evaluate the multicultural competencies that will guide your therapy sessions. (6mks)

Section 2: Answer any 3 questions (30 MARKS)

QUESTION 2

- a) Discuss the three techniques used by Adlerian therapist (6mks)
- b) Describe the first and middle birth order according to Adler (4mks)

QUESTION 3

- a) Discuss the basic assumptions of client centred theory by Carl Rogers (8mks)
- b) Discuss unconditional positive regard by Rogers (2mks)

QUESTION 4

- a) Evaluate the four meditational processes proposed by Bandura (4mks)
- b) Discuss 3 mature defence mechanisms with examples (6mks)

QUESTION 5

- a) Discuss any four characteristics of effective counselor (8mks)
- b) Evaluate the importance of personal therapy for the counselor (2mks)