



PAN AFRICA CHRISTIAN UNIVERSITY

END OF SEMESTER EXAMINATION FOR DIPLOMA IN COUNSELING

JANUARY-APRIL 2022

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD 109

COURSE TITLE: HUMANISTIC THEORIES

EXAM DATE: 4/4/2022

TIME: 6pm- 9pm

INSTRUCTIONS

- Read all questions carefully before attempting.

Write your **student number** on the answer booklet provided

Answer **ALL** questions in **Section A** and **ANY** other **TWO** from **Section B**

SECTION A – Answer all Questions (20 marks)

QUESTION ONE

- a) Describe the term theory. (2 marks)
- b) Outline two weaknesses of humanistic theories. (2 marks)
- c) Explain two reasons why it is important for a counselor to study humanistic theories. (4 marks)
- d) Analyze three ways in which a counselor can integrate Christian values to counselling practice. (6 marks)
- e) Discuss how you can apply Carl Rogers person centred theory key concepts to counselling practice. (6 marks)

SECTION B: Answer any two (20 marks)

QUESTION TWO

Read the following case study and answer the questions given.

John is a form 2 student who was referred to counselling because of his poor academic performance. His school fees is paid by an uncle since his parents cannot afford it. John feels angry with himself for always scoring a 'D-' grade in exams. He feels guilty of failing but states that he can do nothing about it. His classmates call him a failure and accuse him of lowering their class mean score. He has no friends and has developed a low self-esteem. He feels powerless and helpless.

- a) Outline two goals of therapy in the above case study. (2 marks)
- b) Discuss four causes of John's psycho pathology using Rolly May's Existential theory. (8 marks)

QUESTION THREE

Read the following case study and answer the questions given

Jane is a class eight pupil who was referred to counselling by a children's officer because of running away from home. Jane looked unkempt and complained of being hungry since she had not eaten for days. On further exploration the counselor learnt that Jane had been sleeping on the streets where she was subjected to harassment and beating by street children. At home she felt unloved and uncared for. She said she ran away from home because her cousin physically abused her and when she told her parents they never believed her. She feared that the cousin would abuse her again and therefore fled. She feels unworthy, useless and has suicidal thoughts.

- a) Outline two character traits that Jane has. (2 marks)
- b) Using Maslow's hierarchy of needs theory discuss four causes of Jane's problems. (8 marks)

QUESTION FOUR

- a) State one difference between transference and countertransference in counseling (2 marks)
- b) Describe two strengths of humanistic psychology. (2 marks)
- c) Explain how you can apply the following Gestalt theory therapeutic techniques in counselling practice. (6 marks)
 - i. Rehearsal
 - ii. Reversal
 - iii. Empty chair technique

QUESTION FIVE

- a) Describe one neurotic need in Karen Horney's humanistic theory of motivation. (2 marks)
- b) Discuss any two challenges affecting people in the contemporary society. (4 marks)
- c) Explain the role counselors play in assisting with the resolution of the challenges identified in (b) above. (4 marks).