



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 2019 SEMESTER

CAMPUS: VALLEY ROAD

DEPARTMENT: COUNSELLING PSYCHOLOGY

COURSE CODE: COU2123

COURSE TITLE: COUNSELING THEORIES

EXAM DATE: WEDNESDAY 7th AUGUST 2019

DURATION: 2 HOURS

TIME: 5:30PM-7:30PM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your **STUDENT NUMBER** in the Answer Booklet given
- *Write clearly and legibly.*
- **This Exam Script has TWO (2) Sections.**
- **Section “A” is COMPULSORY.**
- **Answer any THREE questions in section “B”**
- *ALL PAC University’s examination rules and regulations apply*

SECTION A: (COMPULSORY) – 40mks

Question 1A

Define the following terms

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|---|------|
| i. Family System | 2mks |
| ii. Defense mechanism | 2mks |
| iii. Balance for helpers | 2mks |
| iv. Transference and counter-transference | 4mks |

Question 1B

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|---|------|
| i. Distinguish between formal and informal counseling | 4mks |
| ii. List down any THREE purposes of counseling | 4mks |

Question 1C

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| i. Highlight three elements of counseling | 3mks |
| ii. Explain any TWO essential qualities of a counselor | 4mks |

Question 1D

Read the following case study and answer the questions that follows

Stan is a 25-year-old divorced male. He is currently employed in the construction industry, but has aspirations of going back to school to become a counselor. Currently he lives alone and is not in a committed relationship. Despite being married before, he admits that he is afraid of persons his age or older and is particularly afraid of strong attractive women. He was raised in a nuclear family and was the third of four children. He explained that his mother dominated his father. He felt his mother treated him similarly to how she treated his father and that he was unloved and unwanted in the family. He recalled his mother telling him she wished she never had him. His parents also made unfavorable comparisons between him and his two older siblings, who were considered perfect and academically brilliant, while his younger brother was pampered and spoiled. Some of his childhood recounts included his mother's dominance and constantly yelling at his father who never stood up to her. He also recalled his mother telling him that he was her biggest mistake, accusing him of hurting her and demanding that he be a man. He recalled being hurt by these words and crying himself to sleep. Stan stated that his marriage was brief and that his wife had left him because she could not stand to be near him. He also mentioned that a major problem in their marriage was their sex life, which was negatively affected by bouts of impotency. This he stated made him see himself as sexually inadequate. When asked to describe his wife, he commented that she was strong and dominant.

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| i. List down any FOUR counseling issues you are picking from Stan's case | 4mks |
| ii. Demonstrate how you can use psychoanalytic theory to treat Stan | 4mks |
| iii. Illustrate what kind of homework you can give to Stan | 4mks |
| iv. Explain in TWO ways how child-hood experiences are likely to affect a person in later life | 3mks |

SECTION B: ANSWER ANY THREE QUESTIONS – 60mks

QUESTION 2

- a. Discuss any TWO ways in which human beings can be understood as systems 6mks
- b. Explain any TWO functions of a theory 4mks
- c. Summarize the THREE conflicting forces in a person according to Sigmund Freud 6mks
- d. Explain the role played by attitudes and beliefs in a counseling relationship 4mks

QUESTION 3

- a. Identify any THREE views of human nature according to Adlerian therapy 6mks
- b. Discuss spirituality as a resource in a client and how it would make therapeutic work easier to a counselor 9mks
- c. Highlight any FIVE branches of psychology 5mks

QUESTION 4

- a. Explain the relationship between psychology and counseling 6mks
- b. Discuss in THREE ways the meaning of “knowing yourself” as a helper 9mks
- c. Highlight any FIVE key concepts of Feminist Therapy 5mks

QUESTION 5

- a. Discuss the role of empathy, unconditional positive regard, and genuineness to the outcome of therapy according to person-centered therapy 9mks
- b. Illustrate THREE reasons why addressing intergenerational family characteristics is key for beginning counselors 6mks
- c. Identify the THREE kinds of relationships that may develop between therapists and their clients according to SFBT 5mks