



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

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

MAY – AUGUST 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) Illustrate the **two** aims of counselling as learned in this course (4 marks).
- b) Describe any **two** views of human nature in Client-centered counselling model (4 marks)
- c) Elucidate any **two** levels of human awareness in the mental iceberg of Psychoanalytic counselling model (4 marks).
- d) Justify any **two** causes of psychological maladjustment in Alfred Adler's Individual Psychology (4 marks).
- e) Classify any **two** views of human nature in Psycho-Spiritual counselling model (4 marks).

SECTION B: ANSWER ANY TWO QUESTIONS (20 MARKS)

Question 2

- a) Explore any **two** ways on how "discounting the positive" distorts the cognitions of the client in cognitive behavioural counselling model (4 marks).
- b) Expose any **three** core principles in ABC model of Albert Ellis's Rational Emotive Counselling model (6 marks).

Question 3

- a) Explain any **two** basic assumptions in Biomedical counselling model (4 marks).
- b) Expound on any **three** causes of psychopathology in Systemic family counselling model (6 marks).

Question 4

- a) Demonstrate any **two** treatment techniques used in Workplace counselling model (4 marks).
- b) Discuss **three** therapeutic goals of Victor Frankl's Existential counselling model (6 marks).

Question 5

- a) Distinguish between the role of the counsellor in Psychodynamic and Person-centered counselling models (4 marks).
- b) Deliberate on any **three** strengths of Solution-Focused Brief Therapy counseling model (6 marks).