



PAN AFRICA CHRISTIAN UNIVERSITY
END OF SEMESTER EXAMINATION (JAN - APRIL 2024)

CAMPUS: ROYSAMBU

DEPARTMENT: COUNSELING PSYCHOLOGY

COURSE CODE: COD 109

COURSE TITLE: HUMANISTIC THEORIES

INSTRUCTOR: WANJIKU WAITITU

XXXXXXXXXXXXXXXXXX

TIME: PM (3 HOURS)

INSTRUCTIONS

- **Read all questions carefully before attempting.**
- **Write your student number on the answer booklet provided.**
- **Question ONE IN SECTION ONE is Compulsory.**
- **Answer any TWO questions FROM SECTION TWO**

SECTION ONE - COMPULSORY QUESTION (20 MARKS)

QUESTION 1

- a) Explain Unconditional Positive regard according to Carl Rogers. (2 marks)
- b) Describe what self-Esteem is. (2 marks)
- c) Explain two core assumptions of Humanistic approach to Psychology. (2 marks)
- d) Explain the three components of Self-concept. (3 marks)
- e) Identify three core principles of Carl Rodgers theory (3 marks)
- f) Describe the two main categories of needs as outlined by Henry Murray. (4 marks)
- g) Differentiate between sympathy and empathy. (4marks)

SECTION TWO: ANSWER ANY TWO QUESTIONS FROM THIS SECTION

QUESTION 2

- a) Describe two of the following needs in Abraham Maslow's hierarchy of needs theory:
 - i. Safety/Security (2 marks)
 - ii. Love and Belongingness (2 marks)
- b. Discuss three contributions Humanistic approach has made to the field of psychology. (6 marks)

QUESTION 3

- a) Discuss the following terms as explained in Humanistic psychology.
 - i) Peak Experiences. (2 marks)
 - ii) Fully Functioning person. (2 marks)
- b. Read the following case study and answer the following questions:

Onyango is a 27-year-old college dropout who works as a cashier at a convenience store. He lives with his parents and spends most of his free time playing video games and browsing the internet. He feels bored, frustrated, and hopeless about his life. He has no goals, no friends, and no sense of direction. He often wonders what the point of living is. According to May's theory, Onyango is stuck in the **ordinary stage** of development, which is characterized by conformity, security, and comfort. He has lost his sense of individuality and creativity and has become passive and dependent on others. He has also failed to confront his existential anxiety, which is the awareness of the limitations and uncertainties of human existence. He avoids facing his freedom and responsibility, and instead escapes into distractions and routines.

 - i. Discuss two ways a therapist can help to move Onyango from Ordinary stage of development to the creative stage of development (4).
 - ii. Explain how a therapist can help Onyango to facilitate his own self-awareness and self-actualization (2).

QUESTION 4

- a) Explain how a therapist can use Biblical integration to show similarities between the humanistic Perspectives of personality given below and the teachings of the Bible.
 - i) Dignity. (2marks)
 - ii) Freewill. (2 marks)
- b) Discuss Personology theory and indicate the theorist involved (4)
- c. Analyze two limitations of Humanistic psychology. (2 marks)

QUESTION 5

- a) Discuss the following stages of development according to Rollo May.
 - i) Creative (2 marks)
 - ii) Rebellion. (2marks)

- b) Explain the following three main contributions of Clark Moustakas to Humanistic Psychology.
 - i) Relationship Play Therapy. (2 marks)
 - ii) Creativity. (2 marks)
 - iii) Personal Growth. (2 marks)