



PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR MASTER OF ARTS IN COUNSELING
PSYCHOLOGY

SEPTEMBER - DECEMBER, 2021

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: MCP 504

COURSE TITLE: THEORIES OF COUNSELING AND PSYCHOTHERAPY

EXAM DATE: DEC. 15TH 2021

DURATION: 3 HOURS

TIME: 6PM-9PM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your STUDENT NUMBER in the Answer Booklet given
- This Exam has TWO SECTIONS
- SECTION A is Compulsory.
- Answer **TWO** questions in **SECTION B**
- *Write clearly and legibly.*

SECTION A (10 MARKS)

Angie is a 15-year old female. She moved in with her aunt after she lost her parents through floods that swept through her neighborhood. She has few friends and of late her grades have been going down. Her aunt is also concerned about her sleeping patterns. She has reported to her aunt that she has been having scary dreams. When asked to talk about how she feels about life in general, she says she is fine and that she does not have any problem. Angie has become hostile to her aunt's pet and she kicks it any time it comes around her. She has also been isolating herself from her cousins and this has made her aunt to be more concerned and that is why she has been referred to you for counselling.

1 a) From the Psychoanalytic perspective, what is the underlying problem Angie is struggling with? (2 Marks)

b) Identify two (2) coping mechanisms Angie is using. (2 Marks)

c) Articulate two existential factors that Angie is dealing with according to Existential Theory (2 Marks)

d) Explain two (2) core conditions that would make your counselling relationship with Angie more therapeutic according to Carl Rogers. (4 Marks)

SECTION B (20 MARKS)

QUESTION 2.

Jean is a Christian 24 years old who had a difficult childhood. She was physically abused and neglected by her mother who was the primary caregiver. Jean has been struggling with health problems like high blood pressure and stomach ulcers. She has been drinking a lot of late and this is making her health to deteriorate. She has been referred to you for counselling.

a) Discuss two factors that may be contributing to Jean's maladaptive behaviours according to Gestalt Theory. (4 Marks)

b) Articulate three (3) Gestalt therapy skills and techniques that you would use to help Jean. (6 Marks)

3. Thomas is a 33 year old married man, who has recently become a father. He explains that he feels his self-esteem has been gradually deteriorating ever since he got married. He says that he can't find reasons to enjoy life with his wife due to feelings of inadequacy as a husband. In his role as a father, Thomas had hoped to find the happiness that he was looking for; however this

has not been the case. He mentions that his relationship with his wife's family is strained and thinks this is the root cause of his problem. When he started dating his wife, the father-in-law commented that Thomas is not good enough for his daughter because he does not make enough money to sustain her.

a) Analyze two (2) determinants of Thomas's maladaptive behaviors according to Rational Emotive Behavior Therapy. (4 Marks)

b) Using the REBT Theory, discuss how the A-B-C model apply to Thomas's case. (6 Marks)

4. a) Analyze how the following situations influence behaviour according to Adlerian Theory. (6 Marks)

- i. Birth order
- ii. Social Interest
- iii. Striving for inferiority and Superiority

b) Explain in details two (2) techniques of Adlerian Therapy. (4 Marks)

5. a) Articulate three (3) functions of theories in the counselling process. (6 Marks)

b) Explain the significance of integration of theories during the counselling processes. (4 Marks)