



PAN AFRICA CHRISTIAN UNIVERSITY

END OF SEMESTER EXAMINATION

MASTERS IN COUNSELLING PSYCHOLOGY

JANUARY- APRIL 2025 -EXAMINATION

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: MCP 504

COURSE TITLE: THEORIES OF COUNSELLING AND PSYCHOTHERAPY

EXAM DATE:

TIME:

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 two functions of counselling theories. (2 marks)
- b) Discuss two reasons a student counselor should study counselling theories. (4 marks)
- c) Explain two ways that a counselor can integrate Christian values in therapy. (4marks)

B. Read the case study below and respond to the questions given.

Emily is a 32-year-old woman struggling with alcohol addiction. She started drinking heavily five years ago following a series of personal and professional setbacks. Emily feels that alcohol helps her cope with stress and emotional pain, but she is now facing severe consequences, including strained relationship, job instability and health issues. She wants to regain control of her life and stop drinking.

- a) Describe **two**-character traits that Emily has. (4 marks)
- b) Analyze **three** therapeutic techniques of Narrative theory that a therapist can apply to assist Emily deal with her alcohol problem. (6 marks)

SECTION B: ANSWER ANY TWO QUESTIONS (20 MARKS)

QUESTION TWO

Read the case study below and answer the questions given.

Charles feels hopeless, believing that at 26, he has made no progress in life. Despite earning a second-class honors degree, he expected to secure a job quickly. However, after numerous unsuccessful applications, he lost motivation and has not applied for any positions since March. He also feels guilty about relying on his parents for rent, as he believes they have already fulfilled their responsibility by funding his education. Although he intends to inform them that they should only cover his rent for the rest of the year, he has no clear plan how he will manage his expenses from January.

In addition to his career struggles, Charles recently ended a two-year relationship after discovering his girlfriend's infidelity. He had noticed her growing distant but did not resist when she suggested breaking up. Now, he feels lonely and is considering entering a new relationship, though he remains hesitant due to trust issues. Lastly, he wonders if a change of environment might help him better cope with the challenges he is facing.

- a) Describe **two** problems that Charles is encountering. (2 marks)

- b) Analyze **four** therapeutic techniques of Solution Focused theory that you would apply to assist Charles deal with any three problematic issues that he is experiencing.
(8 marks)

QUESTION THREE

Read the case study below and respond to questions given.

Dan says that his relationship with his parents is one sided. They dictate what has to be done but hardly gives him an opportunity to express his views on any matter. As a result, he spends most of his time in the bedroom and on his laptop. Due to loneliness, Dan began watching pornography and has become addicted to it. Since then, he started posting low grades and this has made their relationship worse. He downloads these apps any time he has an opportunity and spends a lot of time glued to them, which in turn

minimizes the time he allocates to his studies. He then feels guilty and punishes himself through self-mutilation on the left hand. Recently his father fell sick and he is admitted in hospital. Dan says ‘you know when your mother orders you to go and visit him you have to obey.’ This has shifted his focus from pornography for a while because he has to visit him in hospital although they have a distance relationship.

- a) Illustrate four problems that Dan is experiencing. (2 marks)
- b) Discuss the Gestalt principle of the figure formation process in relation to Dan’s behavior. (2 marks)
- c) Analyze three therapeutic techniques of Gestalt Theory that you can apply to help Dan deal with three of the problems you mentioned in (i) above. (6 marks)

QUESTION FOUR

Read the case study below and respond to the questions given.

Eleven-year-old Jane experienced a major disruption in her life when her parents separated, leading her and her sister to move in with their grandmother. Her situation became even more complex when her mother gave birth two years ago to a baby girl fathered by a Chinese man, leaving Jane feeling confused. She frequently asks her grandmother why her youngest sister has a different skin color and tiny eyes.

Adding to her distress, Jane struggles with her father’s excessive alcohol consumption, making it difficult for her to communicate with him. This has left her feeling lost and uninterested in school. She finds her schoolwork challenging and avoids taking exams. Furthermore, she refuses to eat, fearing mockery from her peers who enjoy making fun of others.

Jane’s grandmother is deeply concerned about her physical and emotional well-being, particularly her refusal to eat, which has significantly impacted her academic performance. Despite an important national exam approaching at the end of the year, Jane shows little concern. Acknowledging the seriousness of the situation, her grandmother has sought counseling to help her navigate these difficulties.

Describe **one** characteristic of Jane’s grandmother. (2 marks)

- a) Illustrate **two** problems that Jane is experiencing. (2 marks)

- b) Evaluate how you would apply **three** therapeutic techniques of Reality Theory to assist Jane deal with three problems that she is experiencing. (6 marks)

QUESTION FIVE.

Read the case study below and respond to the questions given

Pam's parents separated six years ago and Pam was living with the father. After her father died the aunt decided to live with Pam since her mother had travelled abroad. Her mother pays her school fees and sends the aunt some money for her upkeep. Pam complains that the aunt is very cruel. She feels she is being mistreated by the aunt. She is not given an opportunity to express herself when at home. On several occasions she been assaulted physically by the aunt and her son. She has attempted suicide twice but the aunt told her to go ahead and actualize her suicide plan and die instead of seeking unnecessary attention. She is not feeling secure in this family and want to move out and live with her biological mother. In school Pam has an average academic performance, however, recently she was involved in a disciplinary case where she has been stealing money, food and clothes from other students. She does not have financial problems since the mother sends her pocket money. During the August holiday, she went to Mombasa, since the aunt refused to come to school to listen to her case. When she came back, the aunt beat her thoroughly. She is experiencing suicidal thoughts and this time she told the therapist she wants to die and forget her suffering. Pam says she resorted to stealing as a way of expressing herself so that the aunt could let her go to her mother. She has not resumed school this term.

- a) Outline two characteristics of Pam's aunt. (2 marks)
- b) Discuss two causes of Pam's maladaptive behavior according to Existential Theory. (2 marks)
- c) Analyze any three basic dimensions of the human condition in existential theory, that you would apply to help Pam deal with her problems. (6marks)