



PAN AFRICA CHRISTIAN UNIVERSITY
END OF SEMESTER EXAMINATION
MASTERS IN COUNSELING PSYCHOLOGY
SEPTEMBER-DECEMBER 2024

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: MCP 504

COURSE TITLE: THEORIES OF COUNSELING 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

- 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.

Tom is a 38-year-old man who has struggled with alcohol dependency for many years. He sees himself as “weak” and “controlled by alcohol,” believing that he is destined to live with this addiction, as many in his family also struggle with alcohol. Tom feels that alcohol has taken over his life, affecting his relationships, career, and self-esteem. He wants to break free but doubts his ability to change, feeling that his drinking is an unbreakable part of who he is.

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

SECTION B: ANSWER ANY TWO QUESTIONS (20 MARKS)

QUESTION TWO

Read the case study below and answer the questions given.

Mark is a 28-year old man experiencing severe depression and suicidal thoughts. He feels profound sense of meaninglessness and despair in his life. Mark recently lost his job and ended a long-term relationship, which has exacerbated his feelings of isolation and hopelessness. He struggles with existential questions about his purpose and the value of his existence.

- a. Discuss two roles that Mark has as a client according to existential theory. (4 marks)
- b. Evaluate three existential therapy principles that a therapist can apply to assist Mark overcome his suicidal thoughts. (6 marks)

QUESTION THREE

- a. Explain any two benefits of Solution Focused theory. (4marks)

Read the case study below and respond to question given.

Jake is a 21-year-old college student who is experiencing significant challenges with his academic performance. He often feels overwhelmed, procrastinates, and struggles to complete his assignments on time. Despite his intelligence and potential, he has failed several courses, leading to a loss of confidence and motivation. Jake is determined to turn things around but feels stuck in his current situation.

- b. Discuss any three therapeutic techniques of Solution Focused theory that a therapist can apply to help Jake deal with his poor academic performance. (6 marks)

QUESTION FOUR

- A. Using illustrations, explain the following terms of Gestalt theory.

- a. Projection (2marks)
- b. Introjection (2 marks)

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

Sarah is a 35-year-old woman who has been experiencing chronic anxiety and a general sense of dissatisfaction with her life. She reports feeling disconnected from her emotions and often finds herself overthinking and worrying about the future. Sarah struggles with making decisions and feels stuck in her career and personal life.

- a. Analyze any three principles of Gestalt theory that a therapist can apply in exploring Sarah's problems. (6 marks)

QUESTION FIVE.

Read the case study below and respond to the questions given

David is a 34-year-old man who has struggled with alcohol dependency for over a decade. His father and grandfather were also heavy drinkers, and family gatherings often involved excessive drinking. David's family dynamic has been complex; his father was emotionally distant, his mother was overly protective, and conflicts between his parents often led David to feel like a mediator. He now drinks to cope with feelings of loneliness and anxiety and is concerned about the impact of his drinking on his own children.

- a. Discuss two-character traits of David. (4 marks)
- b. Examine any three therapeutic techniques of Transgenerational theory by Murray Bowen that a therapist would apply to explore David's alcohol problem. (6 marks)