



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

MAY - AUGUST, 2022

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: MCP 504

COURSE TITLE: THEORIES OF COUNSELING AND PSYCHOTHERAPY

EXAM DATE:

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 (20 MARKS)

John Doe is a 20 years old male who has been referred to you for addiction counseling. He started abusing alcohol when he was 16 years old after his mother died through a road accident. His father has attempted to take him to a rehabilitation program but John has declined because he believes he does not have any problem. His addictive behaviours have resulted in poor performance in college and his girlfriend has also left him due to his drinking habit. John has become very hostile towards his 10 years old brother who he says is highly favoured by his father. The father is concerned about John's aggressive behaviours towards his brother and that is why he has been referred to you for counseling.

- 1 a) From the Psychoanalysis perspective, describe the underlying problem John is struggling with? (2 Marks)
- b) Explain two (2) coping mechanisms John is using. (4 Marks)
- c) Articulate two existential factors that John is dealing with according to Existential Theory. (4 Marks)
- d) Discuss two (2) core conditions that would make your counselling relationship with John more therapeutic according to Carl Rogers. (4 Marks)
- e) Describe three (3) functions of theories in the counseling process. (6 Marks)

SECTION B (20 MARKS)

QUESTION 2.

Jean is a 20 years old Christian female who had a difficult childhood. During her early childhood education she felt her teachers didn't like her because she was a slow learner. During ability grouping, Jean was always placed in the group of poor performers though she was very gifted in art which was not an examinable subject. Her siblings were performing very well in school and this made Jean to be ridiculed by her mother. Jean has been struggling with stomach ulcers for the last five years and they are not getting any better. Her doctor has referred her to you for therapy.

- a) Discuss two factors that may be contributing to Jean's maladjusted 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) elements that have influenced Thomas's narrative. (4 Marks)

b) Explain in details three (3) techniques you would use to help Thomas to re-author his narrative. (6 Marks)

4. a) "Human beings have a tendency for either rational or irrational thoughts." Discuss this statement in relation to what contributes to maladaptive behaviours according to Rational Emotive Behaviour Theory. (4 Marks)

b) "People's view or perception about a situation influences behavior." Articulate this statement using the A-B-C model of REBT. (6 Marks)