



**PAN AFRICA CHRISTIAN UNIVERSITY  
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES  
DEPARTMENT OF PSYCHOLOGY**

**MASTERS OF ARTS IN COUNSELING PSYCHOLOGY**

**END OF SEMESTER UNIVERSITY EXAMINATION**

**MCP 504: THEORIES OF COUNSELING AND PSYCHOTHERAPY**

**Date**

**TIME 3 Hours**

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**INSTRUCTIONS**

**DO ALL THE QUESTIONS IN SECTION 1 AND ANY 2 QUESTIONS IN SECTION 2**

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**Study the case of Amina and answer the questions that follow**

Amina is a 21-year-old second year university student pursuing a degree in education, she is bright, ambitious, and was previously among the top performers in her class, she comes from a deeply religious family, and is active in a local church, where she also sings in the choir. Amina recently discovered she is pregnant. The father of the child is a fellow student who has since denied responsibility and cut off communication. When she informed her parents, they reacted with anger and disappointment, accusing her of bringing shame to the family. Her father told her that she is not welcome home unless she ended the pregnancy. Her church community also distanced itself and was told to step down from the choir.

Feeling abandoned, Amina is overwhelmed with guilt, shame and confusion. She reports frequent crying, difficulty sleeping, and loss of interest in her studies and social life. She feels isolated, questions her faith and self-worth. She has also started missing lectures and failed two recent assignments. Her academic performance has sharply declined. She finds it hard to focus in class and has considered dropping out of the university. Amina feels torn between continuing her education and dealing with the emotional and physical demands of pregnancy on her own.

A concerned lecturer has referred Amina to the university counseling clinic after noticing a significant change in her behavior and performance. This is Amina first time to speak to a counselor and she appears hesitant but desperate for support.

**SECTION 1**

**QUESTION ONE (20 Marks)**

Using the case of Amina, apply any counseling theory to manage the case covering the following areas

- a. Briefly examine any two basic assumptions of your preferred theory that make it suitable for examining the case of Amina (4 Marks)
- b. Analyze how you would understand Amina's behavior and challenges through the lenses of your theory (6 Marks)
- c. Discuss any two intervention techniques you would apply to help Amina (6 Marks)
- d. Explain any two goals of counseling according to your preferred theory (2 Marks)
- e. Using your theory, identify the role the counselor and that of the client in resolving counseling concerns (2 Marks).

## **SECTION 2**

### **QUESTION TWO**

- a. Briefly discuss any 4 core principles of solution focused therapy (4 Marks)
- b. Using relevant examples, discuss any 3 key benefits of using solution focused therapy in counseling (6 Marks)

### **QUESTION THREE**

- a. Briefly examine any two basic assumptions of reality therapy (2 Marks)
- b. Identify any two ways in which reality therapy and Maslow's theory of human needs compare and contrast (4 Marks)
- c. Demonstrate how basic assumptions / principles of reality therapy informs the counseling process. (4 Marks)

### **QUESTION FOUR**

Examine how a counselor can apply Rational Emotive Behavioral Therapy (REBT) to help a client dealing with low self-esteem and negative thinking. In your response cover

- a. Explain any two key principles of Rational Emotive Behavior Therapy (2 Marks)
- b. Analyze the role of irrational beliefs in causing low self-esteem (2 Marks)
- c. Discuss any three roles played of the Rational Emotive Behavioral Counselor in helping the client challenge and replace irrational thoughts and beliefs (6 Marks)

### **QUESTION FIVE**

- a. Evaluate the role of the counselor and the client in person centered therapy (5 Marks)
- b. Evaluate any five functions of a theory of counseling (5 Marks)

