



SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

DEPARTMENT OF PSYCHOLOGY

**END OF SEMESTER EXAMINATION FOR THE MASTER OF ARTS IN
COUNSELING PSYCHOLOGY**

JANUARY – APRIL 2021 TRIMESTER

CAMPUS: ONLINE EXMINATION

COURSE CODE: MCP 504:

COURSE TITLE: THEORIES OF COUNSELING AND PSYCHOTHERAPY

EXAM DATE: DEC. 15TH APRIL 2021

DURATION: 3 HOURS

TIME: 6PM to 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 ONE is Compulsory.

SECTION TWO Choose Any ***TWO*** Questions

Write clearly and legibly.

MCP 504: COURSE TITLE: THEORIES OF COUNSELING AND PSYCHOTHERAPY

Instructions: Answer all questions in **SECTION A** and any **TWO** in **SECTION B**

SECTION A (10 MARKS)

Question 1

a) Discuss in details three (3) factors that influence the development of counseling theories. (6 Marks)

b). Critically analyze what causes maladaptive behaviours according to Person Centered theory (4 Marks)

SECTION B (20 MARKS) (Each question carries 10 Marks)

Question 2

Jean is a 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 illness 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 counseling.

a) According to Psychoanalysis theory, what is contributing to Jean's problems. (5Marks)

b) Articulate the psychoanalytic counseling skills and techniques that you would use to help Jean.

(5 Marks)

Question 3

a) Citing relevant examples, explain how “unfinished business” can contribute to maladjusted behaviors according to gestalt theory. (5 Marks)

b) Jane Doe is a 40 years old female who is struggling with PTSD symptoms in relation to her car accident and grieving the loss of her job after the accident. She is feeling overwhelmed and this has hindered her ability to function to the point that she is unable to work or engage with her family. Feelings of intense guilt and shame have made her feel depressed and stuck. Using narrative therapy, explain how you can help Jane Doe to change her narrative. (5 Marks)

Question 4

a) Articulate how the A-B-C model of Cognitive Behavioral Therapy influences people's views, behaviors and perceptions (6 Marks)

b) Explain in details two (2) techniques of Rational Emotive Behaviors Therapy (REBT)
(4 Marks)

Question 5.

a) Discuss three existential factors that influence human behavior according to existential therapy (6 Marks)

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