PAN AFRICAN CHRISTIAN UNIVERSITY

UNIVERSITY EXAMINATIONS 2025/2026

THIRD TRIMESTER EXAMINATION FOR THE DIPLOMA IN COUNSELLING PSYCHOLOGY

COD 109: HUMANISTIC THEORIES

Instructions:
SECTION A - QUESTION ONE is compulsory. For **SECTION B**, choose any **TWO QUESTIONS** from the four given.
Each question is 10 marks. ***Support your answers with relevant examples.**

SECTION A – COMPULSORY

QUESTION ONE

a. Define the term Humanistic Psychology **(2 marks).**

b. State any **two** assumptions of Humanistic Psychology **(2 marks).**

c. Illustrate **two** qualities of a counsellor influenced by Humanistic Psychology. **(4 marks).**

d. Explain **two** differences between Humanistic Psychology and Psychoanalysis. **(4 marks).**

e. Describe **two** characteristics of a self-actualized person according to Abraham Maslow. **(4 marks).**

f. Explain **two** conditions necessary for personal growth according to Carl Rogers. **(4 marks).**

SECTION B CHOOSE ANY TWO QUESTIONS

QUESTION TWO

a. Describe **two** levels of Maslow's Hierarchy of Needs **(4 marks).**

b. Explain **three** ways unmet needs may affect an individual's behavior **(6 marks).**

QUESTION THREE

a. Define the following concepts:
   i. Self-concept **(2 marks).**
   ii. Unconditional Positive Regard **(2 marks).**

b. Discuss **three** core conditions necessary for effective counselling according to Carl Rogers. **(6 marks).**

QUESTION FOUR

a. Define the following concepts:
   i. Self-disclosure according to Sydney Jourard **(2 marks).**
   ii. Authentic relationship according to Clark Moustakas **(2 marks).**

b. Explain any **three** benefits of self-disclosure in promoting personal growth according to Sydney Jourard. **(6 marks).**

QUESTION FIVE

a. State any **two** biblical teachings about the nature of human beings. **(4 marks).**

b. Explain **three** ways the biblical view of personhood promotes positive relationships. **(6 marks).**