



PAN AFRICA CHRISTIAN UNIVERSITY
END OF SEMESTER EXAMINATION
MASTERS IN COUNSELING PSYCHOLOGY
SEPTEMBER- DECEMBER 2025

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

Emily is a 32-year-old woman struggling with alcohol addiction. She started drinking heavily five years ago following a series of personal and professional setbacks. Emily feels that alcohol helps her cope with stress and emotional pain, but she is now facing severe consequences, including strained relationship, job instability and health issues. She wants to regain control of her life and stop drinking.

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

B.

- a. Describe two functions of counseling theories. (2 marks)
- b. Discuss two reasons a student counselor should study counseling theories.

(4 marks)

- c. Explain two ways that a counselor can integrate Christian values in therapy. (4marks)

SECTION B: ANSWER ANY TWO QUESTIONS (20 MARKS)

QUESTION TWO

Read the case study below and answer the questions given.

Antony explained the reason for his exam failure was because he has to combine studying with fending for himself since he has no one else to turn to. During his first year, lack of an identity card prevented him from applying for a loan from Higher Education Loans Board but he has now applied and is hopeful that the outcome will be successful. He decided to take up online writing which he does during the night. He explained that with time he has been staying up almost the entire night because for him to get clients, he has to be online. This causes him to miss some of the classes as he is usually too tired. This behavior has affected his concentration and led to exam failure. His desire is to pass his exams, get a job and live a better life.

- a. Outline **two** characteristics of Antony. (2 marks)
- b. Discuss **two** concepts of Reality Theory that would explain Antony's behavior. (2 marks)
- c. Evaluate **three** therapeutic techniques of Reality Theory that a counselor can apply to assist Antony deal with his problems (6 marks)

QUESTION THREE

Read the case study below and respond to questions given.

Ben and Joyce decided to seek counselling services because of marital issues. They are blessed with one child; Susan aged 3 years. Ben accuses his wife of disliking his family of origin. He argues his family of origin has a tradition where they all celebrate Christmas Day together at his parent's home. Joyce argues that she gets tired of those gatherings and would love to celebrate the day on their own without going to the spouse's parent's home. Joyce is also angry at Ben because he keeps consulting his father any time, they need to make an investment. Most of the weekends Ben goes to visit his parents and leaves Joyce

with the child. She accuses Ben of sending money to his parents anytime they ask for it and this is straining the family budget. Ben accuses Joyce of her complaining behaviour and this has escalated their conflict. Joyce moved out of the bedroom and is currently sleeping in the guest room.

- a. Describe any two problematic issues the family is facing .(4 marks)
- b. .Evaluate how you can apply three concepts of Bowen's Trans-generational Theory to explain why the couple's marriage is dysfunctional. (6 marks)

QUESTION FOUR

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

Ruth was referred by the school deputy principal for counseling due to absenteeism from school and indiscipline. She has been missing school at least two days in a week and this has greatly affected her performance. When Mary came in for the first session, the counselor noted that her hair was unkempt, her tunic and white blouse were dirty, she smelt of alcohol and she seemed a bit confused. Mary told the counselor that she hardly sleeps at home because there is little or no food to feed her and her five siblings. She spends most of her time with friends that dropped out of school due to indiscipline. She also revealed to the counselor that they abuse alcohol and drugs. She is willing to stop consuming alcohol, abandon irresponsible friends and concentrate on her studies. She wants to pursue a career in medicine.

- i. Outline **four** themes from the above narrative. (2 marks)
- ii. Describe **two**-character traits that Mary has. (2 marks).
- iii. Analyze **three** therapeutic techniques of Solution Focused Theory that you can apply to assist Ruth improve her academic performance. (6 marks)

QUESTION FIVE.

Read the case study below and respond to the questions given

Pam's parents separated six years ago and Pam was living with the father. After her father died the aunt decided to live with Pam since her mother had travelled abroad. Her mother pays her school fees and sends the aunt some money for her upkeep. Pam complains that the aunt is very cruel and mistreats her. She is not given an opportunity to express herself when at home. On several occasions she has been assaulted physically by the aunt and her son. She has attempted suicide twice but the aunt told her to go ahead and actualize her suicide plan and die instead of seeking unnecessary attention. She is not feeling secure in this family and want to move out and live with her biological mother. In school Pam has an average academic performance, however, recently she was involved in a disciplinary case where she has been stealing money, food and clothes from other students. She does not have financial problems since the mother sends her pocket money. During the August holiday, she went to Mombasa, since the aunt refused to come to school to listen to her case. When she came back, the aunt beat her thoroughly. She is experiencing suicidal thoughts and this time she told the therapist she wants to die and forget her suffering. Pam says she resorted to stealing as a way of expressing herself so that the aunt could let her go to her mother. She has not resumed school this term.

- i. Outline two characteristics of Pam's aunt. (2 marks)
- ii. Discuss two causes of Pam's maladaptive behavior according to Existential Theory. (2 marks)
- iii. Analyze any three basic dimensions of the human condition in existential theory, that you would apply to help Pam deal with her problems. (6marks)