



# TECHNICAL UNIVERSITY OF MOMBASA

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

SOCIAL SCIENCES

UNIVERSITY EXAMINATION FOR:

DIPLOMA IN COMMUNITY DEVELOPMENT AND COUNSELLING

BCD 2210: THERAPEUTIC THEORIES OF COUNSELLING

END OF SEMESTER EXAMINATION

**SERIES: APRIL 2016**

**TIME: 2 HOURS**

**DATE:** Pick Date Select Month 2016

## Instructions to Candidates

You should have the following for this examination

-Answer Booklet, examination pass and student ID

This paper consists of **FOUR** questions. Attempt question ONE (Compulsory) and any other TWO questions.

**Do not write on the question paper.**

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## **Question ONE**

- Explain two ways in which a client can overcome phobia using the Behavioural Therapy (4 marks)
- Give four characteristics of a fully functioning person according to Person Centred Theory (4 marks)
- Explain the interaction of the structure of the mind according to Sigmund Freud (9 marks)
- Outline any expected outcomes of therapeutic counselling (5 marks)
- Describe any four conditions that can hamper one's self-actualising tendency (8 marks)

## **Question TWO**

- Using an illustration, show Maslow's hierarchy of needs, indicating the needs to be met at each level (10 marks)
- Reality Therapy requires a supportive environment within which an individual can begin to make changes in their lives. Explain five ways how you can create such an environment (10 marks)

### **Question THREE**

- a. Explain any four irrational ideas according to Rational Emotive Behaviour Therapy (8 marks)
- b. Explain the first three stages of psychosexual development according to Freud (12 marks)

### **Question FOUR**

- a. Why is reality therapy most appropriate for young offenders? (10 marks)
- b. By use of examples, discuss any five defense mechanisms (10 marks)

### **Question FIVE**

- a. Define eclectic theory (2 marks)
- b. Briefly explain three roles of the counselor in reality therapy (6 marks)
- c. A client who introduces himself/herself as married checks in for counseling with a swollen face.
  - i. State the likely underlying issues that come out during counseling (3 marks)
  - ii. Using the REBT of counseling, describe the goals of counseling the client (3 marks)
  - iii. Describe the methods you would use for counseling (6 marks)