



THE MOMBASA POLYTECHNIC UNIVERSITY COLLEGE

Faculty of Business & Social Studies

DEPARTMENT OF LIBERAL STUDIES, COMMUNITY DEVELOPMENT &
COUNSELING

DIPLOMA IN COMMUNITY DEVELOPMENT & COUNSELLING

(DCDC J09)

THERAPEUTIC THEORIES OF COUNSELLING

END OF SEMESTER EXAMS

SERIES: APRIL/MAY 2010

TIME: 2 HOURS

INSTRUCTIONS TO CANDIDATES

1. The paper consists of **TWO** Sections **A** and **B**.
 - Answer all questions in Section **A**.
 - Answer any **TWO** questions in Section **B**.
2. ALL answers must be written in the answer sheet provided.
3. Follow all Examination rules.

SECTION A

(Compulsory)

- Q.1 (a) Outline **THREE** ways how the knowledge of therapeutic theories of counseling is useful to a community counselor. (6 marks)
- (b) Define eclectic counseling. (2 marks)
- (c) Give any **THREE** ideas of Sigmund Freud that influenced how he explained human behavior. (6 marks)
- (d) Outline the **THREE** core conditions a counselor can employ to re-activate the self actualizing tendency (according to C. Rogers). (6 marks)
- (e) Explain the nature of relationship between the client and the therapist in Rational Emotive Therapy. (2 marks)
- (f) Give the **TWO** basic assumptions of the Humanistic theory. (4 marks)
- (g) Briefly explain the basic assumptions of Reality therapy. (4 marks)

SECTION B

Answer any **TWO** questions from this Section.

- Q.2 (a) Outline any **FOUR** outcomes of therapeutic counseling. (4 marks)
- (b) Explain the basic and psychological needs that need to be met before a person can work towards self actualization. (8 marks)
- (c) Using relevant examples, explain the following defense mechanisms.
- (i) Regression
 - (ii) Sublimation
 - (iii) Denial
 - (iv) Reaction Formation. (8 marks)

- Q.3 (a) Explain the main therapeutic goals of Behavioural therapy. (4 marks)
- (b) Describe a fully functioning person according to Person Centered Theory. (8 marks)
- (c) Explain the following techniques used in psychoanalytic therapy.
- (i) Analysis of resistance
 - (ii) Transference
 - (iii) Free Association
 - (iv) Dream Analysis (8 marks)
- Q.4 (a) What is the major focus of Family Systems therapy? (4 marks)
- (b) Using an example, explain how operant conditioning can be used to unlearn a behavior that is not desirable. (8 marks)
- (c) Define the following terms as used in therapeutic counseling:
- (i) Defense mechanisms
 - (ii) Classical conditioning
 - (iii) Social learning
 - (iv) Super Ego. (8 marks)