



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.

Question ONE

- Outline three major concepts in reality therapy. (4 marks)
- Define the term 'eclectic' counseling (2 marks)
- Give four ideas of Sigmund Freud that influenced how he explained human behaviour (8 marks)
- State three core conditions a counsellor should have according to Carl Rogers' Person Centred Theory (6 marks)
- Describe two basic concepts of Rational Emotive Behaviour Therapy (4 marks)
- Outline three ways in which individuals develop irrational beliefs according to the Rational Emotive Therapy (6 marks)

Question TWO

- Give 2 basic assumptions of humanistic theory (4 marks)

b. Explain the basic and psychological needs that need to be met before a person can self-actualize (8 marks)

c. Using appropriate examples, explain the following defense mechanisms:

i. Regression (2 marks)

ii. Repression (2 marks)

iii. Denial (2 marks)

iv. Reaction formation (2 marks)

Question THREE

a. Describe the main therapeutic goals of behaviour therapy (4 marks)

b. Describe the following techniques used in psychoanalytic therapy:

i. Hypnosis (2 marks)

ii. Free association (2 marks)

iii. Dream analysis (2 marks)

iv. History digging (2 marks)

c. Using appropriate examples, describe how an undesirable behavior can be dealt with using the two types of social learning (8 marks)

Question FOUR

a. Explain three roles of the counselor in reality therapy (6 marks)

b. Explain briefly any six techniques of counseling using the Rational Emotive Behaviour Therapy (12 marks)

c. Briefly describe three theories that comprise the Behaviourist approach (6 marks)

Question FIVE

a. State any two causes of maladapted behavior according to the Psychoanalytic approach (2 marks)

b. Explain the major goals of the Psychoanalytic approach of counseling (6 marks)

c. Discuss the structural theory of the mind according to Sigmund Freud (12 marks)