



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 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) Define the following terms:
- (i) Anxiety
 - (ii) Operant conditioning
 - (iii) Self actualization
 - (iv) Unconditional Positive Regard. (8 marks)
- (b) Explain **THREE** roles of therapeutic theories in counselling and psychotherapy. (6 marks)
- (c) State **FOUR** theories that comprise Behaviouristic Approach. (4 marks)
- (d) Briefly explain the basic assumption of the Rational emotive Therapy. (2 marks)
- (e) Give the major therapeutic goals of the Family Systems Therapy. (4 marks)
- (f) Briefly explain **THREE** roles of the counselor in reality therapy. (6 marks)

SECTION B

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

- Q.2 (a) Giving examples, explain the following needs to be fulfilled by human beings:
- (i) Psychological needs
 - (ii) Basic needs. (10 marks)
- (b) Briefly explain any **FIVE** techniques of counseling using the Rational Emotive Therapy. (10 marks)

- Q.3 (a) Explain the following personal structures advanced by S. Freud:
- (i) Ego
 - (ii) Id
 - (iii) Super Ego (10 marks)
- (b) Outline any **FIVE** therapeutic outcomes of counseling. (10 marks)
- Q.4 (a) (i) State the key concepts of Behavioural approach to counseling. (4 marks)
- (ii) Using examples, explain any **THREE** techniques used in behavioural counseling to unlearn maladaptive behaviour. (6 marks)
- (b) As a community counselor, explain the **THREE** core conditions you need to reactivate the self actualizing tendency (according to C. Rogers). (10 marks)
- Q.5 (a) Explain the following techniques used in counseling:
- (i) Aversive therapy
 - (ii) Free Association
 - (iv) Disputing irrational beliefs
 - (v) Self management strategies
 - (vi) Dream Analysis. (10 marks)
- (b) Discuss any **FIVE** defence mechanisms used by the Ego to reduce anxiety. (10 marks)