



TECHNICAL UNIVERSITY OF MOMBASA

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
SOCIAL SCIENCES

UNIVERSITY EXAMINATION FOR:
DIPLOMA IN COMMUNITY DEVELOPMENT
AND COUNSELING (Y2S1)

BCD 2210: THERAPEUTIC THEORIES OF COUNSELING

SERIES: APRIL 2022

TIME: 2 HOURS

DATE: APRIL 2022

Instructions to Candidates

You should have the following for this examination

-Answer Booklet, examination pass and student ID

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

Do not write on the question paper.

Question 1

- a) Describe the following concepts
- i) The here and now (2 marks)
 - ii) Unconditional Positive Regard (UPR) (2 marks)
 - iii) Moral anxiety (2 marks)
 - iv) Learning (2 marks)
 - v) Cognitive distortion (2 marks)

- b) Differentiate between classical conditioning and operant conditioning. (4 marks)
- c) Giving examples, briefly explain REBT's ABCDEF theory of personality (6 marks)
- d) Name THREE techniques used in the Social Learning Theory (6 marks)
- e) List FOUR techniques used in the Psychoanalytic theory (4 marks)

Question 2

- a) Discuss Carl Rogers' concept of core conditions. (10 marks)
- b) Outline FIVE functions of a counseling theory. (10 marks)

Question 3

- a) Explain the following terms (4 marks)
 - i) Catharsis
 - ii) The conscious
- b) Define ego defense mechanism (2 marks)
- c) Name any four defense mechanisms (4 marks)
- d) Describe the phallic stage of Freud's personality development (5 marks)
- e) List five goals of Psychoanalytic theory (5 marks)

Question 4

- a) Highlight B.F. Skinner's Operant Conditioning and its use in behavioral therapy (10 marks)
- b) Discuss cognitive distortions according to the Cognitive Behavioral Therapy (10 marks)

Question 5

- a) Explain the three areas that Susan Gilmore's approach explores in the "What" of counseling (10 marks)
- b) Discuss five techniques of Gestalt theory (10 marks).