



# **Technical University of Mombasa**

*Faculty of Business & Social Studies*

## **DEPARTMENT OF LIBERAL STUDIES & COMMUNITY DEVELOPMENT**

DIPLOMA IN COMMUNITY DEVELOPMENT AND COUNSELING (DCDC  
M12)

**BCD 2204 : THERAPEUTIC THEORIES OF COUNSELING**

SPECIAL/SUPPLEMENTARY EXAMINATIONS

**SERIES:** OCTOBER, 2013

**TIME:** 2 HOURS

## **INSTRUCTIONS TO CANDIDATES:**

-Answer **ALL** questions in section **A** and any other **TWO** from section B.  
-This paper consists of **2 printed** pages

### **SECTION A: COMPULSORY**

#### **QUESTION ONE**

- a) Outline any **TWO** basic assumptions of the Humanistic Theory. **(6 marks)**
- b) Explain **THREE** core conditions that the counselor can employ to reactivate the self actualizing tendency **(6 marks)**
- c) Outline Any **THREE** ideas of S. Freud that explains human nature. **(6 marks)**
- d) Explain the major focus of Reality Therapy **(6 marks)**
- e) State the key concepts of behaviouristic approach in counseling. **(4 marks)**
- d) Briefly explain the fundamental needs according to Maslow's Hierarchy of needs. **(4 marks)**

### **SECTION B: Answer any TWO questions from this section**

#### **QUESTION TWO**

- a) Using relevant examples, describe the following counseling techniques:-
  - (i) Free Association
  - (ii) Analysis of Resistance
  - (iii) Systematic Desensitization
  - (iv) Disputing irrational ideas. **(10 marks)**
- b) Discuss **FIVE** outcomes of therapeutic counseling. **(10 marks)**

#### **QUESTION THREE**

- a) Describe a fully functioning persons according to Persons-Centered Theories **(12 marks)**
- b) By use of examples, discuss the following defense mechanisms:-
  - (i) Regression
  - (ii) Reaction formation
  - (iii) Projection
  - (iv) Displacement. **(8 marks)**

#### **QUESTION FOUR**

- a) Explain **FIVE** irrational ideas according to Rational emotive Therapy **(10 marks)**
- b) Discuss the basic assumption of the Rational Emotive Theory. **(10 marks)**

#### **QUESTION FIVE**

- a) Explain why Reality therapy was aptly used for juvenile offenders. **(10 marks)**
- b) Using appropriate examples, explain **FOUR** techniques of behavioral counseling. **(10 marks)**