



TECHNICAL UNIVERSITY OF MOMBASA

Faculty of Business & Social Studies

DEPARTMENT OF LIBERAL STUDIES & COMMUNITY DEVELOPMENT

DIPLOMA IN COMMUNITY DEVELOPMENT AND COUNSELING
(DCDC /May 2011)

BCD 2210 : THERAPEUTIC THEORIES OF COUNSELING

END OF SEMESTER EXAMINATIONS

SERIES: DECEMBER, 2013

TIME: 2 HOURS

INSTRUCTIONS TO CANDIDATES:

- The paper consists of **TWO** sections **A** and **B**
- Section **A** is **COMPULSORY** and carries 30 marks.

-Answer **ANY TWO** questions from section **B**
This paper consists of **2** printed pages

SECTION A: (COMPULSORY) 30 MARKS

QUESTION ONE

- (a) By use of examples, explain the meaning of the unconscious level of the mind according to psychoanalytic theory **(5 marks)**
- (b) Outline any **TWO** basic assumptions of the Rational Emotive Therapy **(4 marks)**
- (c) Explain the major focus of Reality therapy. **(6 marks)**
- (d) Briefly explain **THREE** core conditions that a counselor can employ to reactivate the self actualizing tendency in his clients. **(6 marks)**
- (e) Outline the key concepts of behavioral approach in counseling. **(4 marks)**
- (f) Explain areas where person centered perspective can be applied. **(5 marks)**

SECTION B : (Attempt any TWO questions from this section)

QUESTION TWO

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

QUESTION THREE

- (a) By use of examples, discuss the following defense mechanisms: **(10 marks)**
 - (i) Regression
 - (ii) Reaction formation
 - (iii) Displacement
 - (iv) Sublimation
- (b) Explain **FOUR** irrational ideas according to Rational Emotive Therapy **(10 marks)**

QUESTION FOUR

- (a) Explain how Albert Bandura (social learning theory) viewed human ability **(10 marks)**
- (b) Highlight the therapeutic goals of Reality Therapy. **(10 marks)**

QUESTION FIVE

- (a) Explain the components of total behavior as espoused by William Glasser in his theory of Reality Therapy. **(10 marks)**
- (b) Discuss the self actualizing tendencies according to the Humanistic Approach. **(10 marks)**