



# TECHNICAL UNIVERSITY OF MOMBASA

*Faculty of Business & Social Studies*

## DEPARTMENT OF LIBERAL STUDIES AND COMMUNITY DEVELOPMENT

DIPLOMA IN COMMUNITY DEVELOPMENT AND COUNSELING  
(DCDC M 13 Y2 S 1)

BCD 2210  
THERAPEUTIC THEORIES OF COUNSELING

SPECIAL/SUPPLEMENTARY EXAMINATIONS

**SERIES:** OCTOBER, 2014

**TIME:** 2 HOURS

### INSTRUCTIONS TO CANDIDATES:

- This paper consists of sections A and B
- Section A is **COMPULSORY**

-Answer any **TWO** Questions from section **B**

This paper consists of **3 Printed** pages

**SECTION: A (COMPULSORY) 30 MARKS**

**QUESTION ONE**

- a) Outline the main therapeutic goals of behavioral therapy. **(4 marks)**
- b) Briefly explain **TWO** psychoanalytic techniques of counseling and indicate how they can lead to deepen self understanding. **(6 marks)**
- c) Outline any **FOUR** innovational beliefs according to Rational Emotive Therapy. **(8 marks)**
- d) State **FOUR** conditions that can stifle and thwart an individual's self actualizing tendency. **(4 marks)**
- e) Explain the basic assumptions of the family systems therapy. **(8 marks)**

**SECTION B: Answer any TWO questions from this section (40 marks)**

**QUESTION TWO**

- a) Describe a fully functioning person according to person centred theory (Karl Rogers) **(10 marks)**
- b) Using suitable examples explain the following defense mechanisms:-
  - (i) Reaction Formation
  - (ii) Denial
  - (iii) Rationalization
  - (iv) Sublimation
  - (v) Fantasy**(10 marks)**

**QUESTION THREE**

- a) Describe the following techniques of counseling (Give examples)
  - (i) Aversive conditioning
  - (ii) Transference
  - (iii) Free association
  - (iv) Systematic desensitization**(12 marks)**
- b) Explain why Reality Therapy was aptly used for juvenile offenders and give **TWO** techniques used. **(8 marks)**

**QUESTION FOUR**

- a) Using a suitable example, explain how a counselor can use classical conditioning for behavior modification. **(10 marks)**
- b) Discuss **FOUR** ideas of Sigmund Freud that explain human behaviour. **(10 marks)**

### **QUESTION FIVE**

Using an illustration of Maslow's Hierarchy of human needs, explain how a student at Technical University of Mombasa attempts to satisfy needs at each stage. **(20 marks)**