



UNIVERSITY EXAMINATIONS

2ND SEMESTER 2023/2024 ACADEMIC YEAR

**FIRST YEAR EXAMINATION FOR THE DEGREE OF
BACHELOR OF PSYCHOLOGY**

PSYC 123: THEORIES OF COUNSELLING

STREAM: R

TIME: 2 HRS

DAY: THURSDAY (11.30-1.30PM)

DATE: 18/4/24

THIS QUESTION PAPER CONSISTS OF THREE (3) PAGES

PLEASE DO NOT OPEN UNTIL THE INVIGILATOR SAYS SO.



INSTRUCTIONS: Answer question **ONE** and **TWO** other questions

QUESTION-ONE (30 MARKS)

- a). Counselling Theories are tailored to accomplish certain objectives: Explain any three. (6marks)
- b). Based on your cultural background, explain any three methods that were used to ensure good mental health among community members. (6marks)
- c). 'The person of the Counsellor is key to any therapy and therapeutic change' Explain. (6Marks)
- d). Distinguish between rational and irrational according to REBT. (6marks)
- e). Briefly describe Sigmund Freud's structure of personality. (6marks)

SECTION B: Answer any **TWO** questions

QUESTION-TWO (20 MARKS)

- a) Explain four elements of a useful Counselling Theory. (8marks)
- b). Describe six basic assumptions that should guide a counsellor in any counselling procedure. (12marks)

QUESTION-THREE (20 MARKS)

- a) According to Freud, conflict manifests itself in three ways. State them. (6marks)
- b) Why is the Hidden Domain of critical concern according to Psychoanalytic procedures? (6marks)
- c) Describe six forms of defence mechanisms according to Sigmund Freud. (8marks)



QUESTION-FOUR (20 MARKS)

- a) Describe the basic assumptions of human nature based on REBT. (10 marks)
- b) Discuss the therapeutic techniques employed in REBT. (10 marks)

QUESTION-FIVE (20 MARKS)

- a) Why is Egan's Helping model referred to as integrated? (5 marks)
- b) Describe the key elements of Egan's three stages of counselling. (15 marks)

