

LAIKIPIA



UNIVERSITY

UNIVERSITY EXAMINATIONS

EXAMINATION FOR THE MASTERS DEGREE IN EDUCATION

MEGC 811: THEORIES AND TECHNIQUES OF COUNSELLING

STREAM: R

TIME: 3 HRS

DAY: WEDNESDAY (8.30-11.30AM)

DATE: 04/02/2026

THIS QUESTION PAPER CONSISTS OF THREE (2 PAGES)

PLEASE DO NOT OPEN UNTIL THE INVIGILATOR SAYS SO.

INSTRUCTIONS

Answer **questions in Section A** and B
Write clearly and systematically

SECTION A – (20 MARKS)**QUESTION ONE**

- (a) Evaluate and explain four major contributions of psychoanalytic theory to modern counselling practice. **(8 marks)**
- (b) Examine six core conditions necessary for effective counselling according to Carl Rogers. **(6 marks)**
- (c) Explain the meaning of countertransference and discuss how a counsellor can manage it ethically. **(6 marks)**

SECTION B: 40 MARKS**QUESTION TWO**

- (a) Elaborate the role of cognitive restructuring in cognitive-behavioral therapy (CBT). **(10 marks)**
- (b) Analyse the importance of multicultural competence in counselling practice. **(10 marks)**

QUESTION THREE

- (a) Using appropriate examples, justify how humanistic counselling approaches can support personal growth in clients. **(10 marks)**
- (b) Nyachieng'a, a 26-year-old university student, reports persistent feelings of worthlessness and negative self-talk. Explain how you would apply CBT techniques to help him. **(10 marks)**

QUESTION FOUR

- (a) Evaluate the effectiveness of five attending behaviours that strengthen the counsellor–client relationship. **(10 marks)**
- (b) Critically assess the impact of effective probing questions you may use during a counselling session. **(10 marks)**