



MACHAKOS UNIVERSITY

University Examinations for 2021/2022 Academic Year

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

FIRST SEMESTER EXAMINATION FOR BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY

APS 307: THEORIES OF COUNSELLING

Date:

Time:

INSTRUCTIONS: Answer QUESTION ONE and any other TWO QUESTIONS.

QUESTION ONE (30 MARKS)

- a) Discuss four goals of REBT therapy. (8 marks)
- b) Explain the following techniques and terminologies as used in therapy. (10 marks)
- i. Flooding
 - ii. Systematic desensitization
 - iii. In Vivo desensitization
 - iv. Deflection
 - v. Confluence
- c) Appraise six characteristics of reality therapy of counselling. (12 marks)

QUESTION TWO (20 MARKS)

a) Evaluate five key concepts of the Gestalt theory. (10 marks)

b) Discuss five techniques of the psychoanalytic therapy. (10 marks)

QUESTION THREE (20 MARKS)

a) Explain the following key concepts of the existential therapy. (15 marks)

- i. The capacity for self-awareness
- ii. Striving for identity and relationship to others
- iii. The search for meaning
- iv. Awareness of death and dread
- v. Nothing or the void

b) Discuss the importance of using theories in counselling. (5 marks)

QUESTION FOUR (20 MARKS)

a) Appraise five recurrent theories that characterize behavior therapy. (10 marks)

b) Discuss the concept of birth order and sibling relationships as used in the Adlerian therapy. (10 marks)

QUESTION FIVE (20 MARKS)

a) Citing relevant examples, evaluate the role of four cognitive techniques of counseling. (8 marks)

b) Appraise six advantages of the existential therapy .
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(12