



# **GRETSA UNIVERSITY - THIKA**

## **UNIVERSITY EXAMINATIONS JANUARY - APRIL 2021 SEMESTER**

### **DIPLOMA IN COUNSELING PSYCHOLOGY**

**COURSE CODE: DICP 012**

**COURSE TITLE: THEORIES OF COUNSELING**

**DATE: 07 MAY 2021**

**TIME: 8:00 AM - 11:00 AM**

---

#### **INSTRUCTIONS TO CANDIDATES**

1. SECTION A IS **COMPULSORY**.
2. SECTION B: ANSWER ANY OTHER **THREE** QUESTIONS.
3. **DO NOT** WRITE ANYTHING ON THIS QUESTION PAPER AS IT WILL BE AN EXAM IRREGULARITY.
4. ALL ROUGH WORK SHOULD BE AT THE BACK OF YOUR ANSWER BOOKLET AND CROSSED OUT.

**CAUTION:** *All exam rooms are under CCTV surveillance during the examination period.*

## SECTION A: COMPULSORY

### QUESTION ONE

- a) With valid examples, explain the meanings of the following terms
- a. Theory [2 Marks]
  - b. Transference [2 Marks]
  - c. Counselling [2 Marks]
  - d. Desensitization [2 Marks]
  - e. Flooding [2 Marks]
- b) Using examples, differentiate the following
- a. Oedipus and Electra complex [4 Marks]
  - b. Positive and negative reinforcement [4 Marks]
  - c. Transference and countertransference [4 Marks]
  - d. Positive reinforcement and negative reinforcement [4 Marks]
- c) Theories are essential tools to therapists. Explain two purposes of a theory [4 Marks]
- d) Discuss any three concepts in gestalt therapy [6 Marks]
- e) Explain any two limitations of counselling and therapy theories [2 Marks]
- f) Match the following concepts in gestalt therapy [3 Marks]

Phony layer: People at this level attempt to avoid emotions pain

Phobic layer: This is where we get stuck in our own maturation and we feel that we will not be able to survive and we convince ourselves that we have no resources within ourselves to move beyond the stuck point. We feel a sense of deadness and that we are nothing

Impasse layer: Level where we play games and get lost in the roles by behaving as if we are a person that we are not and to live up to the fantasy that we or others have created

## SECTION B: ANSWER ANY THREE QUESTIONS

### QUESTION TWO

- a) How any behaviour is interpreted will depend on the theory used to explain it. Briefly analyze the following showing their effects on behavior [20 Marks]
- a. Psychosexual stages of development
  - b. Psychosocial stages of development

### QUESTION THREE

- a) According to Freud psychological healing is effected through various techniques. Explain any three techniques [6 Marks]
- b) Evaluate the following theories and show their relevance to therapy [8 Marks]
- a. Operant conditioning
  - b. Classical conditioning
- c) Explain any three layers of neurosis according to gestalt therapy [6 Marks]

#### **QUESTION FOUR**

- a) Explain any four ego defense mechanism according to psychoanalytic theory **[8 Marks]**
- b) Evaluate any three therapeutic techniques used by behavior therapist **[6 Marks]**
- c) Analyze three characteristics of a good theory **[6 Marks]**

#### **QUESTION FIVE**

- a) As a professional counselor, how will theories assist you in making decisions working with clients? **[4 Marks]**
- b) Therapists attend to clients with varying issues. Describe how you would conceptualize clients' issues using the following theories
- c) Behavioral theories **[8 Marks]**
- d) Humanistic theories **[8 Marks]**

#### **QUESTION SIX**

- a) For effectiveness in counseling, skills are required. Describe any four skills in the practise of counselling **[8 Marks]**
- b) In counseling, the client must be the focus of the session. Explain three core conditions of counselling in person centered therapy **[6 Marks]**
- c) Describe how the concepts learned in this unit will help you as a professional counselor **[6 Marks]**