

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

EXAMINATION FOR THE AWARD OF DOCTOR OF PHILOSOPHY

CPSY 922: APPROACHES TO PSYCHOTHERAPY

STREAMS: PhD

TIME: 3 HOURS

DAY/DATE: FRIDAY 07/12/2018 2.30 P.M. – 5.30 P.M.

INSTRUCTIONS:

- **Question ONE is compulsory**
- **Answer TWO other questions**

- Q1. (a) Explain the distinctions between counseling and psychotherapy [6 marks]
- (b) Analyze critically the following contextual aspects of counseling and psychotherapy
- (i) Developmental and lifespan psychology
 - (ii) Social psychology
 - (iii) Evolutionary psychology
 - (iv) Positive psychology [12 marks]
- (c) Critically evaluate the following areas that can be considered when building a personal theory of counseling
- (i) Self-analysis
 - (ii) Self-clarification
 - (iii) Integrating the other approaches
 - (iv) View of the counselors role [12 marks]
- Q2. Select one of the counseling approaches given below and critically evaluate its counseling aspects
- (a) Psychoanalytic therapy
 - (b) Existential therapy
 - (c) Cognitive therapy (CT)
 - (d) Reality therapy [15 marks]

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- Q3. Compare and contrast the humanistic and cognitive behavioral approaches under the following;
- (a) Counseling process and goals [7 marks]
 - (b) Counseling techniques [8 marks]
- Q4. Develop a case of counseling and use your preferred psychotherapeutic approach to illustrate how you can assist the client in handling the issues identified. [15 marks]
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