

**CHUKA**



**UNIVERSITY**

**UNIVERSITY EXAMINATIONS**

**EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF  
PSYCHOLOGY**

**PSYC 211: THEORIES OF COUNSELLING**

**STREAMS: B. PSYCHOLOGY**

**TIME: 2 HOURS**

**DAY/DATE: MONDAY 22/03/2021**

**11.30 A.M. – 1.30 P.M.**

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**INSTRUCTIONS:**

- **Answer question ONE and any other TWO questions.**

**QUESTION ONE**

- (a) Briefly explain the differences between guidance and counseling. (6 marks)
- (b) Briefly explain the meaning of the following terms as used in the counselling practices:
- (i) Therapeutic process
  - (ii) Transference
  - (iii) Counter transference
  - (iv) Catharsis
  - (v) Referral (15 marks)
- (c) Discuss three reasons why counselling theories are important to counsellors and psychologists. (9 marks)

**QUESTION TWO**

- (a) Discuss the key concepts in the psychoanalytic theory of counselling. (10 marks)
- (b) Explain how, psychologists and counsellors can use the psychoanalytic theory to understand and assist their clients. (10 marks)

**QUESTION THREE**

- (a) Discuss the key concepts, therapeutic processes and techniques in any two of the following theories:
- (i) Gestalt counseling theory.
  - (ii) Rational emotive theory.
  - (iii) Person-centered counselling. (20 marks)

**QUESTION FOUR**

- (a) Discuss the challenges faced by counsellors and psychologists as they try to assist their clients. (10 marks)
- (b) Mention any five reasons that may lead to termination of a counselling process. (10 marks)
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