

**CHUKA**



**UNIVERSITY**

**UNIVERSITY EXAMINATIONS**

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

**PSYC 211: THEORIES OF COUNSELLING**

**STREAMS: B (PSYC)**

**TIME: 2 HOURS**

**DAY/DATE: MONDAY 03/12/2018**

**2.30 PM – 4.30 PM**

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**INSTRUCTIONS:**

**Answer Question One and any other Two Questions**

1. (a) Distinguish counselling from psychotherapy. [4 marks]
- (b) Explain the statement “counsellor as a person and as a professional”. [10 marks]
- (c) Highlight and discuss the various problems experienced by beginning counsellors. [10 marks]
- (d) Discuss the role of the counsellor in the rational emotive therapy. [6 marks]
2. (a) From the psychoanalytic perspective, what is the reason(s) for clients having problems in life. [8 marks]
- (b) What is the goal of counselling according to the psychoanalytic approach. [6 marks]
- (c) Discuss the techniques used in psychoanalytic counselling. [6 marks]
3. (a) Explain the meaning of each of the following concepts.
  - (i) Ideal self
  - (i) Self image
  - (iii) Real self[6 marks]
- (b) Discuss Carl Rogers assumptions of human nature. [8 marks]

(c) Discuss the techniques used in client-centered approach. [6 marks]

4. Discuss Adlerian counselling phases under the following headings

(i) Establishing a relationship

(ii) Gathering information

(iii) Giving insights

(iv) Encouraging reorientation

[20 marks]

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