



## SCHOOL OF PROFESSIONAL STUDIES

### BACHELOR OF COUNSELLING PSYCHOLOGY

#### UNIT CODE: BCP 222, UNIT NAME: FUNDAMENTAL OF CHILD AND ADOLESCENT THERAPY

September – December 2018/2019 End Semester Exam - Time: 2 Hours

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**Instructions: Answer Question ONE (Compulsory) and any other TWO questions.**

#### **SECTION A**

#### **QUESTION 1 COMPULSORY (30marks)**

- a) Summarize six goals of child adolescent therapy (6 marks)
- b) Discuss any six capabilities of child and adolescent therapist (12 marks)
- c) Highlight any six situations and behaviors that precipitate play therapy (6 Marks)
- d) With examples, evaluate the significance of understanding the developmental stages in child and adolescent therapy (6 marks)

#### **Question 2**

- a) Describe the symptoms of posttraumatic stress in school age children (6-12) years (7 marks)
- b) Examine four challenges in counseling children and adolescents in the Kenyan system (8 Marks)

#### **Question 3**

- a) Explain the significance of child and adolescent therapy (3 Marks)

- b) Highlight four signs of post-traumatic stress in teenagers ( 4 marks)
- c) Describe the four steps of debriefing a child through a traumatic experience ( 8 marks)

**Question 4**

- a) Analyze any three techniques in play therapy (9 Marks)
- b) Describe how Cognitive Behavioral Therapy can be used in child and adolescent therapy ( 6 marks)

**Question 5**

- a) Explain the process of child therapy (10 marks)
- b) State ten Common issues requiring counseling among children and adolescents counseling (5 marks)