



Scott Christian UNIVERSITY

SCHOOL OF PROFESSIONAL STUDIES

BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY

UNIT CODE/NAME: BCP 222: FUNDAMENTALS OF CHILD AND ADOLESCENT THERAPY

September- December 2019 End Semester Exam - Time: 2 Hours

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

QUESTION ONE

- a) Understanding the developmental stages in child and adolescent therapy is paramount. Explain (6 Marks)
- b) Highlight six goals of child /adolescent therapy (6 Marks)
- c) Explain the process of child therapy (10 Marks)
- d) Critically analyze four challenges in counseling children and adolescents in the Kenyan system (8 Marks)

QUESTION TWO

- a) Analyze any three techniques in play therapy (9 Marks)
- b) Symptoms of posttraumatic stress in school age children (6-12) years (6 Marks)

QUESTION THREE

- a) Justify the use of play therapy in child and adolescence therapy (3 Marks)
- b) Highlight the four types of attachments (4 Marks)
- c) According to attachment theorists, attachment relationship play a key role in a child's life. Explain (8 Marks)

QUESTION FOUR

- a) Highlight any six situations and behaviors that precipitate play therapy (6 Marks)
- b) The two most important issues to consider in psychological treatment of children are level of cognitive development and level of dependence on the parents. Expound (9 Marks)

QUESTION FIVE

- a) Discuss how to deal with resistance and transference in child and adolescence therapy (7 Marks)
- b) Describe the four steps of debriefing a child through a traumatic experience (8 Marks)