



SCHOOL OF PROFESSIONAL STUDIES

BACHELOR OF COUNSELING PSYCHOLOGY

UNIT CODE: BCP 123 - COUNSELLING THEORIES

AUGUST – DECEMBER 2018 END SEMESTER EXAM – 2 HOURS

INSTRUCTIONS: *Answer Question one (Compulsory) and any other two*

- 1(a) Explain the ABC concept as used in Rational Emotive Behavioral Therapy (6marks).
 - (b) Describe the view of human nature under Adlerian theory of counseling (5marks)
 - (c) Briefly explain the following defense mechanisms from psychoanalytic theory.(5marks).
 - (i) Projection
 - (ii) *Reaction formation*
 - (iii) *Regression*
 - (iv) Sublimation
 - (v) Repression
 - (d) (i) Define social learning theory (3marks)
(ii) Explain operant conditioning concept as explained in Behavior therapy (5marks)
 - (e) State three contribution and limitations of psychoanalytic theory (6marks)
2. (i) Identify the goals of counseling as stated in Adlerian Therapy. (8marks).
(ii) Briefly discuss the counseling process applied in Adlerian Therapy (7marks)
3. (i) Outline key concepts of Gestalt Therapy (5marks).
ii) Discuss application of five main counseling techniques applied in Gestalt Therapy (10marks).
4. Discuss the psychosexual stages of psychoanalytic theory. (15marks)
5. Discuss the counseling techniques in Rational Emotive Behavioral Therapy (15marks).