



MAASAI MARA UNIVERSITY
REGULAR UNIVERSITY EXAMINATIONS
2016/2017 ACADEMIC YEAR
THIRD YEAR SECOND SEMESTER
SCHOOL OF ARTS AND SOCIAL SCIENCES
BACHELOR OF ARTS IN CRIMINOLOGY AND
PENOLOGY

COURSE CODE: SPC 324

COURSE TITLE: THEORIES AND TECHNIQUES OF SOCIALWORK

DATE: 1ST SEPTEMBER 2017 **TIME 08:30-10:30HRS**

INSTRUCTIONS TO CANDIDATES

Answer Question ONE and any other TWO questions

This paper consists of two printed pages please turn over

QUESTION ONE

- a) Explain the following terms:
- i. Theory (1 mark)
 - ii. Technique (1 mark)
 - iii. Psychotherapy (1 mark)
- b) Deliberate in detail three theories of counselling (15 marks)
- c) Explain the techniques under each theory (12 marks)

QUESTION TWO

- a) Define counselling and explain its process (10 marks)
- b) List the five primary goals of psychotherapy (3 marks)
- c) Describe in detail the various fundamental processes in psychotherapy that will facilitate your reaching these goals (7 marks)

QUESTION THREE

- a) *"Dr. Frescher provides individual. Group and family psychotherapy. These include brief, short-term, pragmatic problem-oriented therapy to more comprehensive long-term in-depth exploratory approaches".*

In line with the above statement

Distinguish short-term psychotherapy from comprehensive psychotherapy.

Illustrate your answers (10 marks)

- b) Explain the role of the therapist in psychotherapy (7 marks)
- c) Evaluate briefly the clients experience in therapy (3 marks)

QUESTION FOUR

- a) What is personality? Identify and explain briefly the various stages in normal development as described by Sigmund Freud (10 marks)
- b) Identify and explain briefly the assessment tools, techniques and data sources that can be used by clinicians to assess languages and speech ability (10 marks)

QUESTION FIVE

Write a detailed note on "state of change" model as described by researchers James Prochaska and Carlo Diclemente. (20 marks)

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