



MASENO UNIVERSITY
UNIVERSITY EXAMINATIONS 2013/2014

**FIRST YEAR FIRST SEMESTER EXAMINATIONS FOR
THE DEGREE OF MASTER OF ARTS IN COUNSELLING
PSYCHOLOGY
(CITY CAMPUS)**

CPY 803: COUNSELLING THEORIES AND TECHNIQUES

Date: 31st July, 2014

Time: 8.30 – 11.30 a.m.

INSTRUCTIONS:

- Answer ANY THREE questions.



(KISUMU CITY CAMPUS)

CPY 803: COUNSELLING THEORIES AND TECHNIQUES

Time: 3 hours (AUGUST 2014) –

INSTRUCTIONS: Answer any three questions.

1. (a) (i) Differentiate between “counseling” and “psychotherapy”
(2marks)
(ii) Explain the main goals of psychoanalysis (3marks)
- (b) Using examples, show how you would apply Freudian Psychoanalytic therapeutic interventions in therapy
(10 marks)
- (c) Discuss ethical issues that a counselor should bear in mind when conducting interviews with a client
(5 marks)
2. (a) Discuss the basic concepts of the Person-Centered theory (5 marks)
- (b) Explain possible therapeutic goals in Person-Centered therapy
(6marks)
- (c) Describe preferred counsellor characteristics in the Person-Centered theory (4marks)
- (d) Using examples, explain ways of summarizing client information during intentional interviewing
(5 marks)
3. (a) Propose Existentialist therapeutic interventions that you would use to help terminally ill patients suffering from death anxiety (9 marks)

- (b) Clients often present certain beliefs which prevent them from living satisfying lives. Suggest an appropriate therapeutic approach and techniques that you would use to assist such a client
(6marks)
- (c) Explain the barriers to active listening during counseling interviews
(5 marks)
5. (a) Explain **five** goals of Behavior therapy (5marks)
- (b) Discuss the **main** Behaviour therapeutic interventions that you would use in assisting clients attain their goals (10 marks)
- (c) Justify the occasions when you would use confrontation as a skill during intentional interviewing (5 marks)
6. (a) Discuss the basic concepts of the Rational Emotive Behavioral Behavioural Therapy (10 marks)
- (b) Using relevant examples, discuss the application of the techniques of Logotherapy (6 marks)
- (c) Explain guidelines to using feedback during interviews with clients (4 marks)