



MASENO UNIVERSITY
UNIVERSITY EXAMINATIONS 2013/2014

**FIRST YEAR SECOND SEMESTER EXAMINATIONS FOR THE
DEGREE OF MASTER OF EDUCATION IN GUIDANCE AND
COUNSELING
(MAIN CAMPUS)**

**EPY 815: THEORY AND PRACTICE OF COUNSELING IN
EDUCATION**

Date: 10th April, 2014

Time: 9.00 - 12.00 noon

INSTRUCTIONS:

- **Answer Question ONE and any other TWO questions.**
- **Write your university registration number on every booklet that you use.**
- **Do not write your name on any paper you use.**



- Q1
- a) Discuss the apparent flaws in Sigmund Freud's theory.
 - b) With an illustration of the Awareness Zone Model, discuss the basic principles of Gestalt psychology.
 - c) Counseling theories can be used for good or ill. Discuss at least three (3) potential limitations of counseling theories.

(20 Marks)

- Q2
- a) "People need frustrations in order to learn to mobilize their own resources to manipulate the environment. However, often children experience interruptions from significant others which interfere with their capacity for self-support and cause them to suppress their emotions." Discuss this statement within its relevant theory of counseling.
 - b) Discuss the four main concepts underlying Carl Rogers' Person-Centered Therapy and outline how they can be applied to counseling.

(20 Marks)

- Q3
- a) Discuss the principles of Reality Counseling.
 - b) Outline the "control or choice theory" as advanced in reality counseling.
 - c) Though primarily an individual approach, Existential Counseling can be conducted beneficially in groups. Discuss.

(20 Marks)

- Q4
- a) punishment procedures which include presentation of an aversive event, time out and response costs, should always be used in conjunction with positive reinforcement of desirable or alternative behaviors. Discuss.

(20 Marks)

- b) "The aim of psychoanalysis is to strengthen the client's ego by lifting childhood repressions, filling in gaps in memory and allowing acts of judgment to be made through the ego's present strength rather than its previous weakness". Discuss.

(20 Marks)