

MAASAI MARA UNIVERSITY

**REGULAR UNIVERSITY EXAMINATIONS**

**2015/2016 ACADEMIC YEAR**

**FIRST YEAR SECOND SEMESTER**

**SCHOOL OF EDUCATION**

**BACHELOR OF EDUCATION**

**COURSE CODE: EGC 111**

**COURSE TITLE:** **THEORIES AND TECHNIQUES OF COUNSELING**

**DATE: 5TH MAY 2016 TIME: 8.30 – 10.30AM**

**INSTRUCTIONS TO CANDIDATES**

***Answer Question One (1) and Any Other Two Questions***

*This paper consists of 2 printed pages. Please turn over.*

**Question One (Compulsory)**

1. Using examples, explain the meaning of the following concepts
2. Guidance
3. Counseling
4. Counselee
5. Psychotherapy
6. Maladaptation **(10 marks)**
7. Discuss FIVE key elements in counseling **(10 marks)**
8. Identify FIVE functions of theories in counseling practice **(10 marks)**

**Question Two**

1. Give THREE principles of guidance and counseling in each case **(12 marks)**
2. Explain FOUR causes of maladaptive behaviors according to cognitive theories **(8 marks)**

**Question Three**

1. Discuss FIVE components of guidance and counseling **(10 marks)**
2. Critically examine FIVE special helping qualities of a counselor in humanistic approaches to counseling **(10 marks)**

**Question Four**

1. Describe the structure of the mind according to Sigmund Freud

 **(10 marks)**

1. Explain FIVE psychoanalytic techniques used by counselors to help clients overcome maladaptive behaviors **(10 marks)**

**Question Five**

1. Discuss the FOUR stages of a counseling process **(12 marks)**
2. Explain the following behaviorist techniques used in counseling
3. Role playing
4. Systematic desensitization
5. Modeling
6. Flooding **(8 marks)** ***…………………………………………..END……………………………………………***