



**THE CATHOLIC UNIVERSITY OF EASTERN AFRICA**  
**A. M. E. C. E. A**

P.O. Box 908  
30100 Eldoret - Kenya  
Telephone: 0728458276  
Fax: 254-20-891084  
Email: academics@cuea.edu

**GABA CAMPUS - ELDORET**  
**MAIN EXAMINATION**  
**SEPTEMBER – DECEMBER 2021 TRIMESTER**  
**FACULTY OF ARTS AND SOCIAL SCIENCES**  
**BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY**  
**DEPARTMENT OF SOCIAL SCIENCE & DEVELOPMENT STUDIES**  
**BCP 103: COUNSELING THEORIES & MODELS**

<b>Date:</b> December 2021	<b>Duration:</b> 2 Hours
<b>Instructions:</b> Answer Question <b>ONE</b> and any other <b>TWO</b> Questions	

**QUESTION ONE**

- a) Discuss reasons why there is need for a counselor to base counseling practice on established theories. **(10 Marks)**
- b) Using relevant examples, discuss four main classifications of counseling theories **(10 Marks)**
- c) Explain how a counselor would use psychoanalytic theory to counsel a client. **(10 Marks)**

**QUESTION TWO**

- a) Explain how a counselor would use behavioral theories to counsel a client dealing with phobia **(10 Marks)**
- b) Briefly explain how a counselor can use eclectic approach in counseling practice? **(10 Marks)**

**QUESTION THREE**

Using relevant examples discuss at least **FIVE** counseling techniques used in client centered therapy by Carl Rodgers? **(20 Marks)**

#### **QUESTION FOUR**

Discuss how a counselor can apply Rational Emotive Behavioral Therapy to help a client suffering from depression? Use relevant examples **(20 Marks)**

#### **QUESTION FIVE**

Sigmund Freud stated that early childhood experiences of the first six years may lead to maladaptive behavior later in life. Discuss this statement? **(20 Marks)**

**\*END\***