



THE CATHOLIC UNIVERSITY OF EASTERN AFRICA

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MAIN EXAMINATION

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JANUARY – APRIL 2022

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FACULTY OF ARTS AND SOCIAL SCIENCES

DEPARTMENT OF PSYCHOLOGY

REGULAR PROGRAMME

MCP 504: THEORIES OF COUNSELLING AND PSYCHOTHERAPY

Date: APRIL 2022

Duration: 3 Hours

INSTRUCTIONS: Answer any THREE Questions

- Q1. Discuss techniques used in Adlerian therapy. **(23.3 marks)**
- Q2. Assess key concepts that Sigmund Freud proposes in understanding human behaviour. **(23.3 marks)**
- Q3. Discuss Person Centred therapy in light of the following: **(23.3 marks)**
- a) Key concepts of the theory
 - b) Roles of the counsellor
 - c) Goals of counselling
- Q4. Using cognitive behavioral therapy techniques, describe how you would help a client overcome a difficult situation. **(23.3 marks)**
- Q5. Contrast the humanistic and psychodynamic views of human nature. **(23.3 marks)**

END