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GABA CAMPUS – ELDORET
MAIN EXAMINATION
MAY – AUGUST 2022 TRIMESTER
FACULTY OF EDUCATION
DEPARTMENT OF POSTGRADUATE STUDIES IN COUNSELLING PSYCHOLOGY
MED 531: COUNSELLING THEORIES

Date: July 2022	Duration: 3 Hours
Instructions: Answer Question ONE and any Other THREE Questions	

QUESTION ONE

Explain why it is necessary for teacher counselors to learn counseling theories.

(17.5 Marks)

QUESTION TWO

Demonstrate how a counselor could apply psychoanalytic theory by Sigmund Freud (1856-1939) to assist a student with low self-esteem.

(17.5 Marks)

QUESTION THREE

Cognitive theories are applied in behaviour modification; illustrate how you would assist a student to like a certain subject that he/she doesn't like.

(17.5 Marks)

QUESTION FOUR

How would you apply Rational Emotive Behavioral Therapy (REBT) by Albert Ellis (1913-2007) to assist a student overcome defeatist attitude to life?

(17.5 Marks)

QUESTION FIVE

Illustrate how a teacher counselor can apply humanistic theories to motivate students from humble backgrounds to work hard in school.

(17.5 Marks)

END