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**GABA CAMPUS - ELDORET**

**MAIN EXAMINATION**

**MAY – AUGUST 2022 TRIMESTER**

**FACULTY OF ARTS AND SOCIAL SCIENCES**

**DEPARTMENT OF SOCIAL SCIENCE & DEVELOPMENT STUDIES**

**BCP 103: COUNSELLING THEORIES AND MODELS**

<b>Date:</b> July 2022	<b>Duration:</b> 2 Hours
<b>Instructions:</b> Answer Question <b>ONE</b> and any other <b>TWO</b> Questions	

**QUESTION ONE**

- a) Explain the main purposes of basing counseling practice on specific theories  
(10 Marks)
- b) Identify and describe four main classification counseling of theories.  
(10 Marks)
- c) Explain how a counselor would apply operant conditioning for behavior modifications.  
(10 Marks)

**QUESTION TWO**

- a) Discuss the applications of family therapy  
(10 Marks)
- b) Describe the three types of learning  
(10 Marks)

**QUESTION THREE**

Discuss how a counselor would use psychoanalytic theory to help a client change maladaptive behavior  
(20 Marks)

**QUESTION FOUR**

Discuss the key concepts and techniques of Gestalt therapy.  
(20 Marks)

### **QUESTION FIVE**

Explain the Person-centered therapy approach to counseling clients with maladjusted behavior

**(20 Marks)**

**\*END\***