



# THE CATHOLIC UNIVERSITY OF EASTERN AFRICA

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**MAIN EXAMINATION**

**JANUARY – APRIL 2018 TRIMESTER**

**FACULTY OF ARTS AND SOCIAL SCIENCES**

**DEPARTMENT OF PSYCHOLOGY**

**REGULAR PROGRAMME**

**MCP 504: THEORIES OF COUNSELING**

**Date: APRIL 2018**

**Duration: 3 Hours**

**INSTRUCTIONS: Answer any FOUR Questions**

- Q1. a) Identify and explain the five (5) Psychosexual Stages of Freud.  
b) Using a cohesive example, demonstrate how you utilize the superego, id and ego, as assets or tools in therapy. **(17.5 marks)**
- Q2. With examples, compare and contrast Rogerian and Adlerian views of how pathology originates and is treated. **(17.5 marks)**
- Q3. a) Explain the “cognitive triad” and the disorder with which it is associated.  
b) Compare and contrast the “cognitive triad” with “learned helplessness”. **(17.5 marks)**
- Q4. Using examples, explain positive and negative feedback loops as they manifest during therapy. **(17.5 marks)**
- Q5. With examples, describe and analyze the four (4) primary types of operant conditioning. Then demonstrate how you might use each of the four with the same client. **(17.5 marks)**

Q6. Using a case example, demonstrate how you will apply the four givens of existential theory. **(17.5 marks)**

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