



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2009/2010

INSTITUTIONAL BASED EXAMINATION THE DEGREE OF MASTER OF EDUCATION (GUIDANCE AND COUNSELLING)

EGC 505: INTRODUCTION TO COUNSELLING AND PSYCHOTHERAPY

DATE: FRIDAY, 3RD SEPTEMBER 2010

TIME: 2.00 P.M. – 5.00 P.M.

INSTRUCTION:

- **Write your registration number on every booklet you use**
- **Answer Question No. ONE (1) and any other TWO (2) questions**

1.
 - a) Describe four (4) life positions as proposed by Berne. [8 marks]
 - b) Explain and illustrate each with each one example the counseling techniques in Transactional Analysis:
 - i) Complementary Transaction
 - ii) Crossed Transaction
 - iii) Ulterior Transaction [6 marks]
2.
 - a) What is Logotherapy? [2 marks]
 - b) Describe Logotherapy according to the following guidelines:
 - The developer of the therapy [2 marks]
 - The developer's experience that provoked him to develop the therapy [4 marks]
 - The main counseling focus of Logotherapy [4 marks]
 - Two reasons you think this therapy is relevant in counseling our society today. [4 marks]
 - Two counseling goals of Logotherapy [4 marks]

Total = 20 marks

3. Describe Reality Therapy according to the following guidelines:

- The developer of the therapy [2 marks]
- The main focus of the therapy [2 marks]
- Two views about the human beings [2 marks]
- Two counseling goals [4 marks]
- Two counseling skills or techniques [4 marks]
- Two counseling challenges in using the therapy in an African society context. [4marks]

Total = 20 marks

4. a) Summarize two views about human beings held by the Rational Emotive Behavior Therapy. [marks]
- b) What is the main counseling focus of the Rational Emotive Behavior Therapy? [6 marks]
- c) Write and explain five irrational ideals peoples hold proposed by Pietrofesa (1984) [10 marks]

Total = 20 marks