



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2010/2011

INSTITUTE OF OPEN LEARNING

EXAMINATION FOR THE DEGREE OF MASTER OF EDUCATION IN GUIDANCE AND COUNSELING

EGC 505: THEORIES OF COUNSELING AND PSYCHOTHERAPY

DATE: Saturday 5th February, 2011

TIME: 9.00 a.m. – 12.00 p.m.

INSTRUCTIONS

- Write your registration number on every booklet you use.
- Answer question No. 1 and any other TWO questions.

- Identify and describe four (4) life positions proposed by Berne in Transactional Analysis.
[8 marks]
 - Explain and illustrate each with one example the counseling techniques in Transactional Analysis:
 - Complementary Transaction
 - Crossed Transaction
 - Ulterior Transaction. [6 marks]
 - Explain the following counseling techniques used in Psychoanalysis:
 - Dream analysis
 - Free association
 - Analysis of resistance [6 marks]
 - List and explain 5 roles played by theories of counseling. [10 marks]
- What is Logotherapy? [2 marks]
 - 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 Logotherapy. [4 marks]

[Total 20 marks]

3. Describe Personal Centered Therapy according to the following guidelines:

- The developer of the therapy [2 marks]
- The main focus of the therapy [4 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. [4 marks]

[Total 20 marks]

4. Describe the Gestalt Therapy using the following the guidelines:

- The developer of the Therapy [4 marks]
- Two views about human beings [4 marks]
- The main focus of the Therapy [6 marks]
- Two counseling goals [2 marks]
- Two challenges in using the Therapy in the African society context. [4 marks]

[Total 20 marks]

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

[Total 20 marks]

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