



KENYATTA UNIVERSITY
UNIVERSITY EXAMINATIONS 2009/2010
INSTITUTE OF OPEN LEARNING
EXAMINATION FOR THE DEGREE OF MASTER OF EDUCATION
IN GUIDANCE AND COUNSELING

GCD 505: THEORIES OF COUNSELING AND PSYCHOTHERAPY

=====

DATE: MONDAY 19TH JULY 2010

TIME: 9.00 A.M. - 12.00 NOON

INSTRUCTIONS

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

1.
 - a) Describe four (4) life positions as proposed by Berne. (8 marks)
 - b) Explain and illustrate each with one example the counseling techniques in Transactional analysis:
 - i) Complementary Transition
 - 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 (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. a) Summarize two views about human beings held by the Rational Emotive Behavior therapy.
- 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 Pieterfesa (1984). (10 marks)

Total = 20 marks