



(UNIVERSITY OF CHOICE)

**MASINDE MULIRO UNIVERSITY OF SCIENCE AND
TECHNOLOGY**

(MMUST)

UNIVERSITY EXAMINATIONS

2021/2022 ACADEMIC YEAR

MAIN

FIRST YEAR SECOND SEMESTER EXAMINATIONS

FOR THE DEGREE

OF

MASTERS OF EDUCATIONAL GUIDANCE AND COUNSELING

COURSE CODE: GAC 812

COURSE TITLE: COUNSELING THEORIES

DATE: 3RD AUG. 2022

TIME: 2:00 – 5:00 PM

INSTRUCTIONS TO CANDIDATES

Answer ANY FOUR questions only

TIME: 3 Hours

MMUST observes ZERO tolerance to examination cheating

1 Discuss the significance of psychoanalytic counseling techniques to therapists (15 marks)

2 'A counseling practitioner encounters individuals with eating, sexual dysfunction and phobic behavioural disorders' Comment on various counseling techniques that can be used to help overcome the (15 marks)

3. (a) Explain the views of Alderian therapy to human nature to counseling (8 marks)

(b) Describe the role of therapist in Carl Rogers's counseling approach (7 marks)

4a) Describe the basic dimensions and phases of existential therapy (15 marks)

5. a) Explain the contextual differences between psychoanalytic and phenomenological counseling approaches to view of human nature in your society (5 marks)

b) Comment on the main counseling techniques employed in systems counseling approaches (10 marks)

6. Citing relevant example, describe the general characteristics of behavioural counseling approaches (10marks)

b) Explain the role of the counsellor in rational emotive behaviour therapy- REBT (5 marks)