



**KIBABII UNIVERSITY COLLEGE**

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**UNIVERSITY REGULAR EXAMINATIONS**  
**DEPARTMENT OF EDUCATIONAL PSYCHOLOGY**  
**2013/2014 ACADEMIC YEAR**  
**2<sup>ND</sup> YEAR 1<sup>ST</sup> SEMESTER EXAMINATION**

**COURSE CODE: GAC 202**

**COURSE TITLE: COUNSELING THEORIES, MODELS AND TECHNIQUES**

**DATE: 12<sup>TH</sup> AUGUST, 2014**

**TIME: 9:00A.M.-12NOON**

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**Instructions:**

Answer ALL questions from section A and TWO from section B

**SECTION A (30 marks)**

**1a)** Define the following terms

- i) Theory (3 marks)
  - ii) Counseling (3 marks)
  - iii) Ego defense mechanisms (3 marks)
- b) State five reasons why a teacher counselor should study counseling theories (5 marks)
- c) Explain the three components of the structure of personality according to Sigmund Freud. (3 marks)
- d) State three benefits of record keeping in counseling (3 marks)
- e) Distinguish between directive and non-directive approaches to counseling (4 marks)
- f) Identify four strengths of the peer counseling model (4 marks)
- g) List three weaknesses of Existential Therapy (3 marks)

**SECTION B (40 MARKS)**

2. a) Outline three roles of the counselor in Behavioral Therapy (6 marks)
- b) Discuss the following as used in Behavior Therapy
- i) Systematic desensitization (5 marks)
  - ii) Flooding (4 marks)
  - iv) Counter conditioning (5 marks)
3. a) Discuss five factors that enhance the relationship between the counselor and the client (5mks)
- b) Discuss five main components of a counseling report (15 marks)
4. a) Explain the three stages of counseling (6 marks)
- b) Outline the skills used at each stage (14 marks)
5. a) Discuss the psychosexual stages of growth that influence personality development according to Sigmund Freud. (15 marks)
- b) Explain the five roles of the counselor in the psychoanalytic therapy. (5 marks)