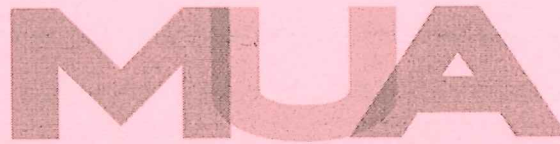


The
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DIPLOMA UNIVERSITY EXAMINATIONS

SCHOOL OF MANAGEMENT AND LEADERSHIP

DIPLOMA IN COUNSELING PSYCHOLOGY

DCP 102 : THEORIES OF COUNSELING

DATE: 3RD DECEMBER 2024

DURATION: 2 HOURS

MAXIMUM MARKS: 70

INSTRUCTIONS:

1. Write your registration number on the answer booklet.
2. **DO NOT** write on this question paper.
3. This paper contains **SIX (6)** questions.
4. Question **ONE** is compulsory.
5. Answer any other **FOUR** questions.
6. Question **ONE** carries **30 MARKS** and the rest carry **10 MARKS** each.
7. Write all your answers in the Examination answer booklet provided.

QUESTION ONE

Read the Case Study below carefully and answer the questions that follow:

Born in a rural setting, Mwangi was brought up by the grandmother as the mother is always away at work. He is more close to the last born who is a girl as there is not a big gap between their ages. The first born is also a boy but between them there is a gap of 10 years. Mwangi has always wanted to know about his father. He therefore decided to shelve the ambitions of looking for him at the time he would have the resources to look for him. That however did not remove in him the urge to seek out a male figure as he felt that there were questions about him and his development that could only be addressed by a man. During his circumcision for example that was at the age of 12 years he was told that meant he has now become a man and he should act accordingly.

He has been struggling with what being a man means ever since as the only thing that seemed to have been emphasized is that men don't cry and nothing else. He also has had trouble getting and keeping a relationship as he feels he women are not to be trusted and that they are out to destroy men. He had gotten into a relationship in which he discovered that the lady was also involved with someone else. When confronted, she told him that she was only with him because he had money and part of it she used to finance their relationship. Mwangi also reports to have anger issues and sometimes he feels its too excessive for the situations he reacts to. He also complains that he finds it difficult to fall asleep as he is kept awake by the thoughts of how to succeed and also what it really means to be a man. He is also responsible of taking care of his grandmother whose health has been failing. His big brother is barely in contact with anyone one of them as he is out of the country. He sends money though to help with managing things at home. Currently Mwangi is in his final year of study at college and is plagued with thoughts of what next after campus. He is worried he may not be able to get a job and become truly financially independent.

Required:

- a) List psychodynamic themes that are being displayed by Mwangi.

(3 marks)

- b) For the themes identified above, discuss how each is going to bring out Mwangi's personality. (7 marks)
- c) From a person centered perspective argue how you would go about assisting Mwangi and what he needs in order to resolve his issues. (10 marks)
- d) Evaluate the major cognitive distortions displayed by Mwangi. (10 marks)

QUESTION TWO

- a) Describe the Freud's view of human nature. (4 marks)
- b) Explain defense mechanism according to Sigmund Freud. (6 marks)

QUESTION THREE

- a) Define choice theory. (2 marks)
- b) Describe the axioms of choice theory (8 marks)

QUESTION FOUR

- a) Explain the characteristics of a good theory (4 marks)
- b) Discuss any three theories of counseling. (6 marks)

QUESTION FIVE

State and explain the core principles of counseling (10 marks)

QUESTION SIX

- a) Describe the process of counselling (4 marks)
- b) Explain the qualities of a counsellor (6 marks)

