



**JARAMOGI OGINGA ODINGA UNIVERSITY OF SCIENCE &
TECHNOLOGY UNIVERSITY EXAMINATIONS 2012/2013**

**1ST YEAR 2ND SEMESTER EXAMINATION FOR THE MASTER IN
EDUCATION GUIDANCE AND COUNSELLING**

(KISII - SCHOOL BASED)

COURSE CODE: EPY 815

COURSE TITLE: THEORY AND PRACTICE OF COUNSELING EDUCATION

DATE: 30/8/13

TIME: 9.00 – 12.00 NOON

DURATION: 3 HOURS

INSTRUCTIONS

This paper contains five (5) questions.

Answer any THREE questions.

Write all answer in the booklet provided.

1. (a) (i) Differentiate between “counseling” and “psychotherapy” . (2marks)
(ii) Explain the main goals of psychoanalysis. (3marks)
(b) Discuss **five** therapeutic interventions in Freudian Psychoanalysis (15 marks)

2. (a) Discuss the basic concepts of the Person-Centered theory. (10 marks)
(b) Explain possible therapeutic goals in Person-Centered therapy. (6 marks)
(c) Describe preferred counsellor characteristics in the Person-Centered theory (4marks)

3. (a) Existential therapy distinguishes three modes of world that characterize peoples’ existence as being in the world. Discuss. (6marks)
(b) Describe the therapeutic relationship in Existentialism. (5marks)
(c) Discuss Existentialist therapeutic interventions that you would use to help terminally ill patients suffering from death anxiety. (9 marks)

- 4 (a) Explain the following concepts of Existentialism:
(i) Normal and Neurotic anxiety (2marks)
(ii) Isolation (2marks)
(iii) Freedom (2marks)
(b) Discuss the techniques of Logotherapy. (8 marks)
(c) Clients often present irrational beliefs which prevent them from living satisfying lives. Discuss the Rational Emotive techniques that you would use to assist such a client (6marks)

5. (a) Explain **five** goals of Behavior therapy (5marks)
(a) Discuss the following Behaviour therapeutic interventions
(i) Systematic desensitization (3marks)
(ii) Training in relaxation (3marks)
(iii) Exposure (3marks)
(iv) Assertive Training (3marks)
(v) Reinforcement Intervention (3marks)