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**UNIVERSITY EXAMINATIONS**

**2023/2024 ACADEMIC YEAR**

**SECOND YEAR SEMESTER ONE**

**MAIN EXAMINATION (REGULAR CLASS)**

**FOR THE DEGREE BACHELOR OF EDUCATION ARTS**

**COURSE CODE: GAC 211**

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

**DATE: 13/12/2023**

**TIME: 2.00PM-4.00PM**

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**INSTRUCTIONS TO CANDIDATES**

Answer Question One and Any Other TWO (2) questions

TIME: 2 Hours

### **Question One**

- a) Distinguish between counseling and psychotherapy (4 marks)
- b) Identify any four attitudinal skills in one- to- one counseling (8 marks)
- c) List any five illogical sentences that people repeat about themselves (10 marks)
- d) Identify the four question techniques in the solution focused approach (8 marks)

### **Question Two**

- a) Describe the layers of neuroses that a person needs to strip off in order to become psychologically mature according to Gestalt therapy (10 marks)
- b) Explain why Ellis says that human beings have the capacity to interpret reality in a clear, logical and objective fashion (10 marks)

### **Question Three**

- a) Explain the significance of studying counseling theories (10 marks)
- b) Describe the use of in-vivo desensitization technique with a client who fears dogs (10 marks)

### **Question Four**

- a) Describe Rogers tenet principles of Person Centred Theory (10 marks)
- b) Discuss the use of 'love first model' for a client struggling with alcohol and drug abuse (10 marks)

### **Question five**

- a) Explain how a client can be helped to develop new rational beliefs (10 marks)
- b) How does Rodgers describe a fully functioning individual? (10 marks)