



MACHAKOS UNIVERSITY COLLEGE

(A Constituent College of Kenyatta University)

University Examinations 2015/2016

SCHOOL OF SCHOOL OF EDUCATION

DEPARTMENT OF

SECOND SEMESTER EXAMINATION FOR DOCTOR OF PHILOSOPHY IN
EDUCATION

EPS 909: THEORIES OF GUIDANCE AND COUNSELING

Date:

Time:

INSTRUCTIONS:

Answer Question ONE (1) and Any Other TWO (2) question

QUESTION ONE

- a) What is the meaning of counseling and psychotherapy? (4 marks)
- b) Define the word "theory" and discuss the use of theory in counseling and psychotherapy (6 marks)
- c) Describe the generic features of **any two** of the following theories:
 - i) Psychodynamic
 - ii) Cognitive Behavioral
 - iii) Humanistic – Existential
 - iv) Eclectic/ Integrative (16 marks)
- d) Why is a theoretical perspective necessary in counseling profession? (4 marks)

QUESTION TWO

- (a) What is the generic difference between the Adlerian Theory and Psychoanalytic Theory by Sigmund Freud? (10 marks)
- (b) What does each theory say about the origin and maintenance of problems? (5 marks)

QUESTION THREE

You researched on specific theories as part of your participation in the theoretical Knowledge.

- (a) Write an overview of one of the theories you researched on and discuss the usability of the theory in counseling and psychotherapy. (10 marks)
- (b) How can you use the theory you have chosen to help students solve academic, personal and social issues? (5 marks)

QUESTION FOUR

- a) Identify a hypothetical client and using a Cognitive – Behavioral Approach, explain the skills and strategies you would use to help the client? (5 marks)
- b) What message can you share with the Kenyan society about the need for using theory in Counseling? (10 marks)