

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

**FIRST YEAR EXAMINATION FOR THE AWARD OF DEGREE OF DOCTOR OF
PHILOSOPHY IN COUNSELLING PSYCHOLOGY**

CPSY: 921: APPROACHES TO PSYCHOTHERAPY

STREAMS: PhD

TIME: 3 HOURS

DAY/DATE: THURSDAY 19/12/2019

2.30 P.M. – 5.30 P.M.

INSTRUCTIONS:

- **Answer question ONE and any other TWO questions.**

1. (a) Briefly describe the history of psychotherapy. (3 marks)
- (b) Discuss the fundamentals of human development that a therapist needs to familiarize themselves with. (6 marks)
- (c) Explain how the following areas can be considered when building a theory of counselling which is personal
 - (i) View of the counselors role
 - (ii) Analysis of self
 - (iii) Clarification of self
 - (iv) Incorporating/integrating with the other approaches. (1 2marks)
- (d) Show your understanding of the listed Freud's Ego defense mechanisms.
 - (i) Denial
 - (ii) Displacement
 - (iii) Projection
 - (iv) Rationalization
 - (v) Reaction formation
 - (vi) Regression (9 marks)

2. (a) Distinguish between
- (i) Social psychology
 - (ii) Positive psychology
- (6 marks)
- (b) Explain the differences between the following concepts
- (i) Psychotherapy
 - (ii) Guidance
 - (iii) Counselling
- (9 marks)
3. Discuss what happens at the following psychosexual stages of development, as explained by Freud.
- (i) Oral stage 0-1 year
 - (ii) Anal stage 1-3 years
 - (iii) Phallic stage 3-6 years
 - (iv) Latency stage 6-12 years
 - (v) Genital stage 12+ years
- (15 marks)
4. Critically evaluate the following major techniques used by therapists in a therapeutic relationship.
- (i) Dream interpretation
 - (ii) Free Association
 - (iii) Transference
 - (iv) Building strong therapeutic alliance
 - (v) Working through painful memories
- (15 marks)
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