



FINAL EXAMINATION
SCHOOL OF EDUCATION AND SOCIAL SCIENCES
KITENGELA CAMPUS
MAY – AUGUST SEMESTER, 2024/2025 ACADEMIC YEAR
EXAMINATION FOR THE DEGREE OF BACHELOR OF ARTS IN
COUNSELLING PSYCHOLOGY
BCOP 2143: COGNITIVE AND HUMANISTIC THEORIES
OF COUNSELLING:
END OF SEMESTER EXAMINATION
EXAMINATION PAPER 1

STREAM: BCOP

TIME: 2 HOURS

EXAMINATION SESSION: AUGUST

YEAR: 2025

DAY:

DATE:

INSTRUCTIONS:

1. Answer **ALL** the questions in **Section A**.
2. Attempt any **Two** questions in **Section B**.
3. The entire exam is worthy **Forty (40) marks**.
4. Write **ONLY** on the space provided on the answer sheet or as otherwise instructed.
5. Where necessary show your working clearly.
6. Do **NOT** attempt to attempt to access any library, online (audio, video, digital or electronic) or paper – based (written) sources for your answers unless this is clearly advised in the question.

SECTION A: (20 MARKS) – ANSWER ALL QUESTIONS

Question One

- (a) Elaborate on the significance of theoretical framework in counselling. (5 marks)
- (b) Discuss the role of a therapist in humanistic theories. (5 marks)
- (c) Differentiate between congruence and incongruence according to Carl Rogers. (5 marks)
- (d) Distinguish between directive and non – directive theories of counselling giving an example in each case. (5 marks)

SECTION B: (20 MARKS) – CHOOSE ANY TWO QUESTIONS

Question Two

- (a) Explain five applications of Cognitive Behavioural Theory. (5 marks)
- (b) Discuss contributions of Piaget’s Cognitive Constructivist Theory. (5 marks)

Question Three

- (a) Analyze the role of Gestalt therapists in counselling process. (5 marks)
- (b) Discuss three strengths and two limitations of Cognitive Appraisal Theory. (5 marks)

Question Four

- (a) Discuss Rational – Emotive Behaviour Theory. (5 marks)
- (b) Explain five characteristics of self– actualized person according to Abraham Maslow. (5 marks)

Question Five

- (a) Discuss self – concept in relation to Client– Centered theory. (5 marks)
- (b) Evaluate Gestalt Theory as applied in counselling. (5 marks)