



COLLEGE OF SOCIAL SCIENCES, THEOLOGY, HUMANITIES & EDUCATION

NHPS246: PSYCHOLOGY OF COUNSELLING AND PSYCHOTHERAPY

END OF SECOND SEMESTER EXAMINATIONS

APRIL/MAY 2026

LECTURER: DR. NGUGI SHEMSANGA

DURATION: 3 HOURS

INSTRUCTIONS

1. This paper contains **TWO** sections (Section A and Section B).
 2. Section A is **COMPULSORY**.
 3. Answer **ANY TWO (2) questions** from Section B.
 4. Start each question on a new page in your booklet.
 5. Credit will be awarded for logical, systematic and neat presentation
 6. Do not repeat material.
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SECTION A: COMPULSORY

INSTRUCTION: *Answer Question 1.*

Question 1

The terms “counsellor” and “psychotherapist” are often used interchangeably, yet they represent different levels of expertise and training. Debate this statement, focusing on whether the distinction is based on the nature of the client's problem or the qualifications of the practitioner.

[40

marks]

SECTION B

INSTRUCTION: *Answer ANY TWO (2) questions.*

Question 2

Discuss the fundamental differences between the Humanistic (person-centered) approach and the Psychodynamic approach regarding the importance of the past versus the “here-and-now.”

[30marks]

Question 3

Discuss how traumatic events affect brain development, memory, and physical health, citing relevant neurological evidence.

[30 marks]

Question 4

Explain the role of memory consolidation and reconsolidation in the healing process. How does updating the emotional meaning of a trauma memory change its impact on the individual?

[30 marks]

Question 5

Critically evaluate the similarities and differences between psychoanalytic counselling and person-centered therapy. **[30 marks]**

END OF PAPER
