

INSTRUCTIONS

1. Write your student number, surname and initials on the Examination Booklet.
2. Read the special instructions for each question.
3. It is in your best interest to write clearly and legibly.
4. This paper consists of 4 compulsory questions. **Answer All Questions**

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This paper consists of 3 pages including the cover page.

MARKS : 100
SUBJECT : COUNSELLING PSYCHOLOGY
TIME : 3 HOURS

2025

SUPPLEMENTARY/ AEGROTAT EXAM

COUNSELLING
PSYCHOLOGY
PSY 313E
PSY 313

UNIVERSITY OF FORT HARE (ALICE CAMPUS)

List thus one

QUESTION 1 [25]

Read the case study below and answer the question.

Ikem is a 23-year-old from Nigeria. He is a third year Psychology student in one university in the Eastern Cape, South Africa. His parents are both from Egypt and moved to Nigeria in the early 70s and subscribe to the Islamic faith. Ikem believes that there is a void in his life as he struggles to mend his two identities (Nigerian and Egyptian). Ikem's father does not remember much about his family as he grew up in an orphanage in Egypt. Now, the family decided to come to therapy to explore the issues of identity they are struggling with.

1.1. How would a therapist from a Multigenerational Family Therapy,

approach this question?

(25)

QUESTION 2 (25)

Carl Rogers believes that the client-therapist relationship is a 'necessary and sufficient condition for therapeutic personality change'.

2.1. Critically discuss the qualities of Person-Centred therapist

(13)

2.2. Define the following Rogerian Core Conditions/Attributes:

a) Unconditional Positive Regard (4)

b) Congruence (4)

c) Accurate empathic understanding (4)

(12)

QUESTION 3 (25)

3.1. Discuss the limitations of Psychoanalytic Therapy

(9)

3.2. Define the following Psychoanalytic terms:

A. Countertransference (2)

B. Fixation (2)

C. Anxiety (2)

D. Death instincts (2)

E. Blank Screen (2)

F. Resistance (2)

G. Libido (2)

H. Free association (2)

(16)

QUESTION 4 (25)

4.1. Extensively discuss Albert Ellis's Rational Emotive Behavioural Therapy (REBT). (25)