

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

CHUKA AND EMBU CAMPUSES

**EXAMINATION FOR THE AWARD OF CERTIFICATE IN COMMUNITY
DEVELOPMENT**

CDEV 00120: INTRODUCTION TO COUNSELLING

STREAMS: CERT. CDEV

TIME: 2 HOURS

DAY/DATE: MONDAY 29/03/2021

11.30 A.M. – 1.30 P.M.

INSTRUCTIONS:

- **Answer question one and any other two.**

QUESTION ONE

- (a) Explain the following terms as used in counselling;
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|-----------------------|-----------|
| (i) Counselling | (2 marks) |
| (ii) Counsellor | (2 marks) |
| (iii) Advice giving | (2 marks) |
| (iv) Informed consent | (2 marks) |
| (v) Psychiatry | (2 marks) |
- (b) Explain any five goals of counselling. (10 marks)
- (c) As a community developer, discuss counselling concerns across the family life cycle. (10 marks)

QUESTION TWO

- (a) (i) Define the term 'group counseling' (2 marks)
- (ii) Explain any five group leadership skills (10 marks)

- (b) Discuss four counseling skills that a community development student can use while helping people heal in the society. (8 marks)

QUESTION THREE

- (a) State any five principles of counseling. (5 marks)
- (b) Highlight any five qualities of an effective counselor. (5 marks)
- (c) State and explain client's rights during counselling. (10 marks)

QUESTION FOUR

- (a) Explain any five techniques use by counsellors who employs psychoanalysis theory. (10 marks)
- (b) Discuss Maslow's hierarchy of need in relation to counselling. (10 marks)
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