

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

CHUKA AND EMBU CAMPUSES

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

CDEV 0120: ESSENTIAL ELEMENTS IN COUNSELLING

STREAMS: DIP. 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) Group counselling | (2 marks) |
| (ii) A counsellor | (2 marks) |
| (iii) Empathy | (2 marks) |
| (iv) Guidance | (2 marks) |
| (v) Psychotherapy | (2 marks) |
- (b) Discuss any five skills used in counselling. (10 marks)
- (c) Explain any five techniques used in psychoanalysis theory. (10 marks)

QUESTION TWO

- (a) Discuss the three main stages of the counselling process. (10 marks)
- (b) Discuss relationship enhancement techniques in counselling. (10 marks)

QUESTION THREE

- (a) Explain any five importance of skills in counselling. (10 marks)
- (b) Discuss five areas in which counselling skills can be used. (10 marks)

QUESTION FOUR

- (a) Discuss any five areas of concerns in families which require counselling. (10 marks)
 - (b) Discuss the difference between counselling and guidance. (10 marks)
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