

CHUKA



UNIVERSITY

**UNIVERSITY EXAMINATIONS
EMBU CAMPUS**

EXAMINATION FOR THE AWARD OF DEGREE OF MASTER OF

MCPS 812: COUNSELLING SKILLS AND PROCESS

STREAMS: SB

TIME: 3 HOURS

DAY/DATE: THURSDAY 06/12/2018

11.30 A.M – 2.30 P.M

INSTRUCTIONS

- **Answer question one and any other four questions**

1. (a) Explain the following concepts as used in counselling ; [10 marks]
 - (i) Attending
 - (ii) Active listening
 - (iii) Verbal listening
 - (iv) Feelings reflection
 - (v) Affirmation [10 marks]
 2. (b) Identify and describe the various stages of counselling process. [10 marks]
 - (a) Explain the concept of communication skills in counselling. [2 marks]
 - (b) As a counsellor, identify and explain three communication skills you would use in the counselling process. [6 marks]
 - (c) Counselling takes a 'process' without which the counsellor may never accomplish his/her goals. What does the term process refer to? [2 marks]
 3. (a) "Why" questions are avoided in counselling. Explain the reasons behind this. [2 marks]
- marks]
- (b) Using examples, give the meanings of the following statement.
 - (i) Counselling is a healing process.

(ii) In counseling the client solicits for help

(iii) Building rapport

(iv) Summarizing. [8 marks]

4. John is a client, who has been forced to see you as a counsellor but he is not ready to make a change in his life. Explain how you would handle such a client. [10 marks]

5. Your good friend comes to you saying that he is having trouble sleeping and is unable to concentrate very well in the last few weeks. As a counsellor suggest helpful strategies to get him out of this situation. [10 marks]

6. (a) Distinguish the following statements;

(i) Self disclosure and self involving [2 marks]

(b) State and explain four reasons why technology is important in counselling. [8 marks]
