

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

FOURTH YEAR EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF
PSYCHOLOGY

PSYC 470: COUNSELLING PROCESS AND PRACTICE

STREAMS: B. PSYC

TIME: 2 HOURS

DAY/DATE: FRIDAY 26/03/2021

8.30 A.M. – 10.30 A.M.

INSTRUCTIONS:

- Answer question ONE and any other TWO questions
- Do not write on the question paper

QUESTION ONE

- (a) Define the term ‘Counseling’ [4 marks]
- (b) Differentiate between “Guidance” and “Counseling” [4 marks]
- (c) Briefly explain the meaning of the following terms as used in the counseling practice:
- (i) Empathy
 - (ii) Congruence
 - (iii) Unconditional positive regard
 - (iv) Genuineness
 - (v) Relationship
 - (vi) Termination [12 marks]
- (d) Discuss five roles of a counselor [10 marks]

QUESTION TWO

- (a) Discuss five misconceptions that people hold about counseling [10 marks]
- (b) Explain the guidelines for selection of goals in a counseling relationship [10 marks]

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QUESTION THREE

- (a) Explain the stages involved in the counseling process [10 marks]
- (b) What are the challenges faced by counselors as they perform their duty [10 marks]

QUESTION FOUR

- (a) Discuss the skills that a counselor must utilize in building an effective relationship with the client. [10 marks]
 - (b) Highlight five reasons that may lead to termination of a counseling relationship [10 marks]
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