

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

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

PSYC 470: COUNSELLING PROCESS AND PRACTICE

STREAMS:

TIME: 2 HOURS

DAY/DATE : WEDNESDAY 22 /09/ 2021

2 .30 PM – 4.30 PM

INSTRUCTIONS TO CANDIDATES:

- Answer Question One and any other Two Questions.
- DO NOT WRITE ANYTHING on the question paper.

QUESTION ONE

a) Define the following terms as used in the counseling process and practice. [10 Marks]

- Counselling
- Empathy
- Congruence
- Unconditional positive regard
- Termination

(b) State five differences between Guidance and Counselling. [10 Marks]

(c) Discuss five misconceptions held by people about counseling. [10 Marks]

QUESTION TWO

- a) Discuss the role of a Counsellor in the counseling practice. [10 Marks]
- b) Describe any five skills used by counselors in their practice. [10 Marks]

QUESTION THREE

- a) Identify the five stages of the counseling process. [10 Marks]
- b) Explain Five reasons why a counselor may terminate a counseling relationship. [10 Marks]

QUESTION FOUR

- a) Define the following terms as used in the counseling practice
 - (i) Psychotherapy
 - (ii) Transference
 - (iii) Counter transference
 - (iv) Disclosure
 - (v) Referral
 - (b) Discuss the challenges faced by counselors in their career. [10 Marks]
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