

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

EXAMINATION FOR THE AWARD OF CERIFICATE IN SOCIAL WORK

SOWK 00120: INTRODUCTION TO COUNSELING

STREAMS: CERT. SOWK

TIME: 2 HOURS

DAY/DATE: MONDAY 22/03/2021

2.30 P.M. – 4.30 P.M.

INSTRUCTIONS:

- **Answer question ONE (compulsory) and any other TWO.**

QUESTION ONE

- (a) Discuss any five issues that may require counselling. (10 marks)
- (b) Explain any five skills needed in counselling. (10 marks)
- (c) Define these terms as used in counseling. (10 marks)
- (i) Counseling
 - (ii) Counselor
 - (iii) Referral
 - (iv) Confidentiality
 - (v) Termination

QUESTION TWO

- (a) Discuss the psychoanalytic theory of counseling? (10 marks)
- (b) How applicable is the psychoanalytic theory in counseling. (10 marks)

QUESTION THREE

- (a) Outline differences between family and group counseling. (8 marks)
- (b) Briefly describe any four counseling ethics. (12 marks)

QUESTION FOUR

- (a) Discuss any four prosocial change strategies. (8 marks)
- (b) Explain four roles of a counselor. (12 marks)

QUESTION FIVE

- (a) Differentiate behavioral and humanistic therapy. (10 marks)
 - (b) Justify the emergence of contemporary counseling. (10 marks)
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