

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

EXAMINATION FOR THE AWARD OF CERTIFICATE IN SOCIAL WORK

SOWK 00120: INTRODUCTION TO COUNSELLING

STREAMS:

TIME: 2 HOURS

DAY/DATE: THURSDAY 08/07/2021

8.30 A.M – 10.30 A.M

INSTRUCTIONS:

Answer question one (compulsory) and any other two

QUESTION ONE (30 MARKS)

- (a) Discuss any five life changes that may require the services of a counsellor. [10 marks]
- (b) Define these terms as used in counselling [10 marks]
- (i) Counselling
 - (ii) Referral
 - (iii) Client
 - (iv) Ethics
 - (v) Termination
- (c) Highlight any five skills of counselling and their application. [10 marks]

QUESTION TWO (20 MARKS)

- (a) Briefly describe any 3 formats of counselling. [9 marks]
- (b) Explain any 3 techniques of behavioural therapy. [6 marks]
- (c) State any five features of psychoanalysis therapy. [5 marks]

QUESTION THREE (20 MARKS)

- (a) Explain any 5 roles of a counselor. [10 marks]
- (b) Mention briefly any 5 reasons for a client referral. [10 marks]

QUESTION FOUR (20 MARKS)

- (a) Discuss the SOLER technique in counselling. [10 marks]
- (b) Indicate any five mind disturbances in CBT. [10 marks]

QUESTION FIVE (20 MARKS)

- (a) Explain any five factors that led to emergence of contemporary counselling. [10 marks]
 - (b) State any 5 differences between person centered and humanistic therapy. [10 marks]
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