

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

THIRD YEAR EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF
EDUCATION (ARTS)

PSYC 321: TECHNIQUES AND PRACTICE OF COUNSELING

STREAMS: B.PSY Y3S1

TIME: 2 HOURS

DAY/DATE: WEDNESDAY 5/12/2018

2.30 P.M - 4.30 P.M.

INSTRUCTIONS:

- Answer Question ONE and any other TWO.
- Do not write anything on the question paper

QUESTION ONE: (COMPULSORY) [30 MARKS]

1. (a) Define counseling as a discipline in psychology [3 Marks]
- (b) Justify the need for counseling in modern society in Kenya. [7 Marks]
- (c) Describe Egan's counseling model and its relevance in helping clients achieve therapeutic goals. [10 Marks]
- (d) Evaluate counseling as a
 - (i) Relationship [5 Marks]
 - (ii) Process. [5 Marks]

QUESTION TWO: [20 MARKS]

- (a) "Communication skill is the heart of counseling process". Justify. [8 Marks]
- (b) Identify two skills/techniques used in each stage of counseling process to make it effective. [12 Marks]

QUESTION THREE: [20 MARKS]

- (a) Describe the relevance of using these skills/techniques in counseling:
 - (i) Empathy [4 Marks]
 - (ii) Unconditional Positive Regard [4 Marks]
 - (iii) Self disclosure [4 Marks]
 - (iv) Referral [4 Marks]
 - (v) Termination [4 Marks]

QUESTION FOUR: [20 MARKS]

(a) Identify the core techniques that a counsellor should use to help those clients achieve therapeutic goals;

(i) Suicidal client who is married to an alcoholic husband. [5 Marks]

(ii) Inmate who has been sentenced to 2 years in prison. [5 Marks]

(c) Identify the five major challenges a counselor may face during the counseling practice. [10 Marks]

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