

**CHUKA**



**UNIVERSITY**

**UNIVERSITY EXAMINATIONS**

**EMBU CAMPUS**

**EXAMINATION FOR THE AWARD OF DEGREE OF MASTER OF PSYCHOLOGY**

**MCPS 811: FUNDAMENTALS OF COUNSELLING**

**STREAMS: MASTERS OF PSYCHOLOGY LIBI SB**

**TIME: 3 HOURS**

**DAY/DATE: TUESDAY 04/12/2018**

**2.30 P.M. – 5.30 P.M.**

**INSTRUCTIONS:**

- Answer question ONE and other TWO.
- Do not write on question paper.

**QUESTION ONE: COMPULSORY (30 MARKS)**

- Q1. (a) Distinguish the term counselling from a professional and interactive approach view. (4 marks)
- (b) Justify the choice of any five goals of counselling by a counselling psychologist. (5 marks)
- (c) Examine the places of psychology and psychiatry as per Sigmund Freud in development of counselling psychology. (6 marks)
- (d) Give a critical analysis of career counselling in counselling psychology. (5 marks)
- (e) Identify any five aspects of multicultural counselling that a counselling psychologist should put into consideration. (5 marks)
- (f) How would you evaluate a counselling programme that is already in place? (5 marks)

**QUESTION TWO (15 MARKS)**

2. (a) Describe historical background of counselling psychology. (10 marks)
- (b) Discuss two key legal issues in counselling psychology. (5 marks)

**QUESTION THREE (15 MARKS)**

3. (a) Distinguish individual from group counselling. (5 marks)
- (b) Critique counselling as a helping process. (10 marks)

**QUESTION FOUR (15 MARKS)**

4. (a) “Mental health is of a major concern for counselling psychologists in Kenya.”  
Discuss any five challenges that counsellors face in offering these services  
in modern society. (10 marks)
- (b) What do you understand from the phrase “counsellor as a person and as a  
professional” (5 marks)
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