

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

**EXAMINATION FOR THE AWARD OF
DIPLOMA IN COUNSELLING PSYCHOLOGY**

CPSY 0112: PRINCIPLES OF GUIDANCE AND COUNSELING

STREAMS: DIP (PSYC)

TIME: 2 HOURS

DAY/DATE: TUESDAY 03/12/2019

2.30 PM – 4.30PM

INSTRUCTIONS:

Answer Question One (Compulsory) and any other Two

Question One

- (a) Clearly show the difference between guidance and counseling. [4 marks]
- (b) Explain 5 resources for effective guidance and counseling to take place. [10 marks]
- (c) Identify 3 principles of guidance. [6 marks]
- (d) Highlight five reasons why a counselor can refer a client. [10 marks]

Question Two

- (a) Discuss the non-verbal skills that can be used by a counselor when dealing with a client. [10 marks]
- (b) Discuss situations when a counselor is required to confront a client. [10 marks]

Question Three

- (a) Discuss the following basic counselling ethics by giving examples. [10 marks]
 - (i) Informed consent
 - (ii) Confidentiality
 - (iii) Dual relationship
 - (iv) Empathy
 - (v) Sympathy

- (b) Discuss 5 techniques of counseling as indicated in psychoanalytic theory. [10 marks]

Question Four

- (a) Discuss how each of the following stakeholders can contribute to the improvement of guidance and counseling services. [10 marks]

- (i) Teachers
- (ii) Parents
- (iii) Health social workers
- (iv) School administrators
- (v) Religious leaders

- (b) Explain what may be dealt with in the following areas of counseling. [10 marks]

- (i) Health guidance
 - (ii) Social guidance
 - (iii) Educational guidance
 - (iv) Marital guidance
 - (v) Career guidance
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