

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

**EXAMINATION FOR THE AWARD OF
DIPLOMA IN COMMUNITY DEVELOPMENT**

CDEV 0120: ESSENTIAL ELEMENTS IN COUNSELLING

STREAMS: DIP (CDEV)

TIME: 2 HOURS

DAY/DATE: MONDAY 05/08/2019

2.30 PM – 4.30 PM

INSTRUCTIONS:

Answer Question One and any other Two Questions

QUESTION ONE (COMPULSORY) – 30 MARKS

- (a) Define counselling. [2 marks]
- (b) Identify any four principles of counselling that should guide a community counsellor. [8 marks]
- (c) “Listening Skill is the heart of counselling process”. Justify [10 marks]
- (d) Show the relevance of psychoanalytic theory in the following areas
 - (i) Explaining human nature in society [2 marks]
 - (ii) Structure of personality [4 marks]
 - (iii) Counselling techniques and procedures [2 marks]
 - (iv) Ego defense mechanisms used by community members. [2 marks]

QUESTION TWO (20 MARKS)

- (a) Discuss any stages that group members go through in making a group effective in the community. [10 marks]
- (b) Identify any two key roles of a community counsellor. [4 marks]
- (c) Describe any three counselling ethical considerations. [6 marks]

QUESTION THREE (20 MARKS)

- (a) Discuss any five major tenets of family systems theory that can be applied in community counselling. [10 marks]
- (b) Describe how the following counseling skills are helpful in a counselling relationship.
- (i) Unconditional positive regard [2 marks]
 - (ii) Referral [2 marks]
 - (iii) Self disclosure [2 marks]
 - (iv) Confrontation [2 marks]
 - (v) Silence [2 marks]

QUESTION FOUR (20 MARKS)

- (a) Distinguish person centred theory from rational emotive theory that are used in counselling clients. [10 marks]
- (b) Evaluate steps used by counsellors in counselling clients wholistically using multimodal therapy. [10 marks]
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