

CHUKA



UNIVERSITY

**UNIVERSITY EXAMINATIONS**

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

**CDEV 0120: ESSENTIAL ELEMENTS IN COUNSELING**

**STREAMS: DIPLOMA CDEV (ODEL)**

**TIME: 2 HOURS**

**DAY/DATE: MONDAY 08/04/2024**

**2.30 P.M – 4.30 P.M.**

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**INSTRUCTIONS:**

- **Answer ALL the questions.**

- Differentiate counseling, guidance and psychiatry. (6 marks)
  - State five instances when counseling may be needed in a family setting. (5 marks)
  - Mention three global historical events that shaped development of counseling as a recognized field. (6 marks)
  - Outline any three features of psychoanalytic counseling. (9 marks)
  - Indicate four instances where client confidentiality may be broken. (4 marks)
- State the three core conditions of counseling and briefly explain their practical application. (9 marks)
  - Discuss three roles of a counselor. (6 marks)
  - State five reasons for referring a client. (5 marks)
- Briefly outline the individual, family and group counseling formats and their application. (9 marks)
  - State and discuss any three counseling skills. (6 marks)
  - Identify any five stressors that may be handled by counseling. (5 marks)

4. (a) Identify any five ethics that a counselor should observe in counseling. (10 marks)  
(b) Explain any five qualities of a students' counselor. (10 marks)
  5. (a) Highlight any five defense mechanisms in psychoanalytic counseling. (10 marks)  
(b) Briefly explain any five types of counseling and their areas of application. (10 marks)
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