

CHUKA



UNIVERSITY

**UNIVERSITY EXAMINATIONS
EXAMINATION FOR THE AWARD OF CERTIFICATE OF ARTS IN COMMUNITY
DEVELOPMENT**

CDEV 00120: INTRODUCTION TO COUNSELLING

STREAMS: CDEV Y1S2

DAY/DATE: THURSDAY 07/08/2025

TIME: 2 HOURS

8.30 A.M. – 10.30 A.M

INSTRUCTIONS

- ANSWER QUESTION ONE AND ANY OTHER TWO
- DO NOT WRITE IN QUESTION PAPER

1. (a) Define the following terms, (10 Marks)
 - (i) Counseling
 - (ii) Skills
 - (iii) Therapist
 - (iv) Client
 - (v) Dual relationship
 - (b) Explain five ethical principles of counseling. (10 Marks)
 - (c) Discuss five roles of a counselor. (10 Marks)
 2. (a) What is family counselling? (5 marks)
 - (b) Identify any five basic counseling skills and explain with examples how they are applied in counselling practice. (15 marks)
 3. (a) State any three advantages of group therapy (6 marks)
 - (b) Discuss seven examples of ego defense mechanisms. (14 marks)
 4. (a) Critically evaluate the psychosexual stages according to Sigmund Freud. (15 marks)
 - (b) Give the differences between counselling and guidance (5 marks)
 5. (a) With relevant field applications, discuss any four qualities of a good counsellor (8 marks)
 - (b) Discuss the counselling stages in managing psychosocial problems (12 marks)
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