

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF ARTS IN PSYCHOLOGY

PSYC 123: PRINCIPLES OF GUIDANCE AND COUNSELLING

STREAMS: B.PSYC Y1S2

TIME: 2 HOURS

DAY/DATE: TUESDAY 10/04/2018

8.30 A.M – 10.30 A.M

INSTRUCTION:

- **Question one is compulsory then answer two other questions**

1. (a) Guidance and counseling have been used interchangeably in many set ups in Kenya. In your own understanding explain the differences between the two terms. [8marks]
(b) Explain the concept of psychotherapy in psychology. [3marks]
(c) Identify and explain four qualities of an effective counselor. [8marks]
(d) Discuss referral in terms of its necessity and factors to be considered for it to be successful. [7marks]
(e) Discuss the conditions under which counseling relationship should be terminated. [4marks]
2. (a) Explain the following types of counseling;
(i) Individual counseling
(ii) Group counseling
(iii) Preventive counseling
(iv) Curative counseling
(v) Career counseling [10marks]

- (b) Discuss the counseling skills which a professional counselor can use to deal with a rape case. [10marks]
3. (a) Describe five counseling techniques as noted by Sigmund Freud in psychoanalytic therapy. [10marks]
- (b) Describe the view of human nature by Carl Rodgers in his client centered therapy. [10marks]
4. Describe the following barriers to communication in a counseling relationship.
- (i) Giving advise
- (ii) Offering solutions
- (iii) Preaching
- (iv) Praising and agreeing
- (v) Reassuring [20marks]
5. Guidance and counseling services are very important in a University setup. Justify this statement in relation to student counseling needs. [20marks]
-