



# Technical University of Mombasa

*Faculty of Applied and Health Sciences*

**DEPARTMENT OF ENVIRONMENT AND HEALTH SCIENCES**

DIPLOMA IN COMMUNITY HEALTH AND HIV MANAGEMENT  
(DCH 11M & DCH 13J)

**ACM 2302 : INTRODUCTION TO COUNSELING**

**SUPPLEMENTARY/SPECIAL: EXAMINATIONS**

**SERIES: MARCH 2014**

**TIME: 2 HOURS**

**INSTRUCTIONS:**

You should have the following for this paper

- *Answer booklet*

This paper consists of **FIVE** questions.

Answer Question **ONE (compulsory)** and any other **TWO** questions

*This paper consists of 2 PRINTED pages*

## QUESTION ONE

- a) Define the following terms
  - (i) Counseling (2 marks)
  - (ii) Community (1 mark)
- b) Outline the challenges faced during skill application in counseling (3 marks)
- c) Briefly explain the basic assumptions of Behavioural theories (4 marks)
- d) Outline any four childhood mental health problems in OVC (4 marks)
- e) Giving examples, briefly explain areas in which skills of counseling can be applied. (4 marks)
- f) Outline the techniques of counseling in Psychoanalytic therapy (4 marks)
- g) Briefly, explain the aims of exploration stage in counseling (4 marks)
- h) Giving relevant examples, explain the following
  - (i) Denial (2 marks)
  - (ii) Reaction formation (2 marks)

## QUESTION TWO

- a) Discuss the importance of the following skills in counseling
  - (i) Observation
  - (ii) Minimal prompts
  - (iii) Summarization(9 marks)
- b) Explain how psychological disturbances are acquired in view of person centred theory. (6 marks)

## QUESTION THREE

- a) Discuss the common concerns which an HIV positive client could present for counseling (7 marks)
- b) Discuss the aims of
  - (i) Primary Health care Model (4 marks)
  - (ii) Post – testing counseling in HIV/AIDs (4 marks)

## QUESTION FOUR

- a) Discuss the qualities of a good counselor (6 marks)
- b) Discuss core – condition in counseling (9 marks)

## QUESTION FIVE

- a) Discuss the process of counseling in HCT(VCT) situation
- b) Explain the importance of counseling in people's lives

**(9 marks)**  
**(6 marks)**