



# TECHNICAL UNIVERSITY OF MOMBASA

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SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

DEPARTMENT OF SOCIAL SCIENCES

**UNIVERSITY EXAMINATION FOR:**  
BACHELOR OF SCIENCE IN COMMUNITY HEALTH

BDS 4331: COUNSELLING IN PRACTICE

END OF SEMESTER EXAMINATION

**SERIES: APRIL 2016**

**TIME:2 hours**

**DATE:Pick DateSelect MonthPick Year**

## **Instructions to Candidates**

You should have the following for this examination

*-Answer Booklet, examination pass and student ID*

This paper consists of FIVE questions.

Attempt QUESTION ONE plus TWO other questions only.

**Do not write on the question paper.**

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### **Question ONE**

- a. Explain ways how the knowledge of counseling is useful to a person in the helping profession (4mks)
- b. Differentiate between emotional neglect and emotional abuse of children (4mks)
- c. Outline four ways how an educational institution can protect its students against sexual harassment (4mks)
- d. Briefly explain three ethical principles to observe when counseling a commercial worker (6mks)
- e. Explain three reasons why child abuse is more prevalent in children below the age of 6years. (6mks)
- f. Describe the psychological consequences of premarital sex. (6mks)

### **Question TWO**

You are giving a talk to young adults about the importance of family planning.

- a. Discuss four factors that a person should consider when selecting a method of family planning. (8mks)
- b. Explain any three specific family planning methods, giving their advantages and disadvantages. (12mks)

### **Question THREE**

- a. Discuss the socio political approach of explaining family violence. (8mks)
- b. Studies suggest that disadvantaged groups in rural areas generally underutilize therapeutic services. Identify four such groups and give the services they need that are provided by national and county governments. (give suitable examples) (12mks)

### **Question FOUR**

- a. Explain five primary interventions that a counselor can recommend to a manager to deal with stress (10mks)
- b. Describe the steps of crisis counselling that you would recommend for a victim of rape. (12mks)

### **Question FIVE**

- a. Discuss the aims of couples' counseling as a primary intervention to address divorce. (10mks)
- b. By use of examples, discuss the five stages of grief that a person may go through after being diagnosed with a terminal illness as proposed by Elisabeth Kübler-Ross. (10mks)