



# TECHNICAL UNIVERSITY OF MOMBASA

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SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

SOCIAL SCIENCES

UNIVERSITY EXAMINATION FOR:

BSDS Y2S2

4201: INTRODUCTION TO COUNSELING

**SERIES: APRIL 2016**

**TIME: 2 HOURS**

**DATE: 11 May 2016**

## 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 (Compulsory) and any other TWO questions.

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

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## Question ONE

- (a) Explain **THREE** importance of theories in counseling (**6 marks**)
- (b) Briefly explain **THREE** significance of confidentiality in counseling (**6 marks**)
- (c) By use of examples, explain **TWO** indicators of autonomy as an ethical principle in counseling practice (**4 marks**)
- (d) Give **FOUR** reasons as to why social skills are necessary in counseling (**4 marks**)
- (e) Explain the counseling process under the following sub headings
- i. Structuring (**2marks**)
  - ii. Initial disclosure (**2marks**)
  - iii. In-depth exploration (**2marks**)

iv. Commitment to change **(2marks)**

v. Termination **(2marks)**

### **Question TWO**

(a) Discuss the client's responsibilities in a counseling relationship **(10 marks)**

(b) Explain the main techniques used in psychoanalytic therapy of Sigmund Freud **(10 marks)**

### **Question THREE**

(a) Explain how the industrial revolution helped shape the counseling profession **(10 marks)**

(b) By use of appropriate examples show the relationship between counseling and psychotherapy **(10 marks)**

### **Question FOUR**

(a) Explain the **THREE** basic principles of client centered theory of Carl Rodgers **(10 marks)**

(b) Discuss the main counseling issues in an institution of higher learning **(10 marks)**

### **Question FIVE**

(a) Explain the main goals of counseling (10 marks)

(b) By giving relevant examples explain how Abraham Maslow's Hierarchy of needs explains human behavior (10 marks)