



Technical University of Mombasa

Faculty of Applied and Health Sciences

DEPARTMENT OF ENVIRONMENT AND HEALTH SCIENCES

DIPLOMA IN COMMUNITY HEALTH AND HIV MANAGEMENT
(DCH 10S / DCH 12S)

ACM 2307 : INTRODUCTION TO COUNSELING

SPECIAL /SUPPLEMENTARY: EXAMINATIONS

SERIES: OCTOBER 2013

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 counseling (1mark)
- b) Briefly describe any two stages in Egan model (3marks)
- c) Describe FOUR counseling skills (4marks)
- d) Explain the basic assumptions of psychoanalytic theory (4marks)
- e) Explain the qualities of a good counselor (4marks)
- f) Explain any TWO ethical issues in counseling (4marks)
- g) Describe the techniques of psychoanalysis (4marks)
- h) Explain the aim of counseling (3marks)
- i) Briefly explain TWO defense mechanisms (3marks)

Question TWO

- a) Describe the process of counseling (9marks)
- b) Briefly explain the purpose of each stage of counseling (6marks)

Question THREE

- a) Briefly describe the necessary guiding principles involved in the introductory phase of counseling (6marks)
- b) Explain the core-conditions introduced by Carl Rogers. (9marks)

Question FOUR

- a) Apart from the use of skills, discuss other factors that can enhance the relationship between counselor and client. (9marks)
- b) Explain the importance of ethics in counseling relationships (6marks)

Question FIVE

- a) Briefly explain the first THREE psychosexual stages of personality development. (9marks)
- b) Briefly describe any THREE ego defense mechanisms (6marks)