



Technical University of Mombasa

Faculty of Applied and Health Sciences

DEPARTMENT OF **ENVIRONMENT AND HEALTH SCIENCE**

DIPLOMA IN COMMUNITY HEALTH AND HIV MANAGEMENT

(DCHM 10M)

ACM 2307: INTRODUCTION TO COUNSELING

SPECIAL/SUPPLEMENTARY: EXAMINATIONS

SERIES: February 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 (2marks)
- b) State at least FIVE counseling Themes (5marks)
- c) Briefly explain at least 10 qualities of a good counselor (5marks)
- d) State at least 10 barriers to effective counseling (5marks)
- e) Briefly explain some of the good communication skills (5marks)
- f) State at least FIVE ways that indicate that the counselor is attending to the client fully both psychologically and physically (5marks)
- g) State the skills within the responding skill. (3marks)

Question TWO

- a) Illustrate the self-concepts, giving example of each. (5marks)
- b) Briefly explain the characteristics of a self- actualized person (7marks)
- c) Describe three core-conditions crucial in person centered approach (3marks)

Question THREE

- a) Describe the Gerald Egan's model of counseling (10marks)
- b) State the goals of therapy in Behavioural counseling (5marks)

Question FOUR

- a) Explain the main goals of counseling (10marks)
- b) State the limitations of behavioural approach counseling (5marks)

Question FIVE

Briefly explain the Erik Erikson's psychosocial stages of human development. (15marks)