



TECHNICAL UNIVERSITY OF MOMBASA
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.

Question ONE

- (a) Explain **THREE** responsibilities of a counselor in a counseling relationship **(6 marks)**
- (b) By giving relevant examples explain **THREE** limitations of confidentiality in counseling **(6 marks)**
- (c) Explain **THREE** methods used to assess counselors competence **(6 marks)**
- (d) Give **THREE** purposes of counselor's self-disclosure in counseling **(6 marks)**
- (e) Give **THREE** reasons as to why unconditional positive regard is considered to be a very helpful attitude in counseling **(6 marks)**

Question TWO

(a) Discuss the ethical principles in counseling practice **(10 marks)**

(b) Explain the main counseling techniques of behavioral approach to counseling **(10 marks)**

Question THREE

(a) Explain the traditional African cultural techniques in counseling **(10 marks)**

(b) What are the main benefits of using eclectic approach in counseling **(10 marks)**

Question FOUR

(a) Discuss the relevance of making referrals in counseling **(10 marks)**

(b) Discuss the development of counseling practice in Kenya **(10 marks)**

Question FIVE

(a) Explain what a counselor should look for in before terminating a counseling relationship **(10 marks)**

(b) By using relevant examples explain the main limitations of using psychodynamic approach in counseling **(10 marks)**