SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

SOCIAL SCIENCES

UNIVERSITY EXAMINATION FOR:

BACHELOR OF SCIENCE IN DEVELOPMENT STUDIES

BDS 4201: INTRODUCTION TO COUNSELLING

END OF SEMESTER EXAMINATION

SERIES:DECEMBER2016

TIME:2HOURS

DATE:13Dec2016

Instructions to Candidates
You should have the following for this examination
-Answer Booklet, examination pass and student ID
This paper consists of **FOUR** questions. Attemptquestion ONE (Compulsory) and any other TWO questions.
Do not write on the question paper.

Question ONE

a. State any four ethical issues in counselling (4 marks)

b. Name any four factors a therapist must consider when referring a client (4 marks)

c. State any four problems encountered by counsellors in their practice (8 marks)

d. Briefly describe the three types of termination (6 marks)

e. Give four justifications for knowledge on cross cultural counselling for any therapist (8 marks)

Question TWO

a. State four basic assumptions of the Person centred approach to counselling (8 marks)

b. State any four disadvantages of recording a counselling session (8 marks)

c. State any four reasons for the existence of an ethical code in counselling (4 marks)

Question THREE

a. State any four goals of the family systems approach to counselling (8 marks)

b. Discuss four reasons why counsellors may fail to refer a client (8 marks)

c. State four qualities of an efficient counsellor/therapist (4 marks)

Question FOUR

a. Define eclectic counselling and show why it is important today (4 marks)

b. Discuss four main goals of the cognitive behavioural approach to counselling (8 marks)

c. Outline four methods of counselling used in traditional Africa (8 marks)

Question FIVE

a. Discuss three causes of burnout (6 marks)

c. Outline six ways one can prevent burnout (6 marks)

d. Describe four ways a therapist can avoid malpractice suits (8 marks)