



## TECHNICAL UNIVERSITY OF MOMBASA

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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: DECEMBER 2016**

**TIME: 2 HOURS**

**DATE: 13 Dec 2016**

### **Instructions to Candidates**

You should have the following for this examination

*-Answer Booklet, examination pass and student ID*

This paper consists of **FOUR** questions. Attempt question ONE (Compulsory) and any other TWO questions.

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

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### **Question ONE**

- a. Name four principles of counseling (4 marks)
- b. State any four responding skills a counselor must display (4 marks)
- c. Show four ways a counselor can organize the physical setting for effective counseling (8 marks)
- d. Describe three characteristics of a self-actualized person according to Carl Rogers (6 marks)
- e. Define the following concepts:
  - i. Analysis of transference (2 marks)
  - ii. Unconditional positive regard (2 marks)
  - iii. Triangulation (2 marks)
  - iv. Termination (2 marks)

### **Question TWO**

- a. State four basic assumptions of the Psychoanalytic approach to counseling (8 marks)
- b. State any four advantages of recording a counseling session (8 marks)

c. State any four reasons why a therapist may terminate a counseling relationship (4 marks)

**Question THREE**

a. State any four goals of the Psychoanalytic approach to counseling (8 marks)

b. Discuss four problems encountered by counselors in practice (8 marks)

c. State any four reasons why counselors may fail to refer a client (4 marks)

**Question FOUR**

a. Define eclectic counseling (2 marks)

b. State four basic assumptions of the person centred approach to counseling (8 marks)

c. Describe the three major characteristics a therapist should show when using the person centred approach (6 marks)

d. State any four counseling methods using the behavioural approach to counseling (4 marks)

**Question FIVE**

a. Define the term 'ethical code' (2 marks)

b. Discuss six ethical principles in counseling (12 marks)

c. Describe the SOLERF method in counseling (6 marks)