



# TECHNICAL UNIVERSITY OF MOMBASA

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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.**

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## 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)**