



TECHNICAL UNIVERSITY OF MOMBASA
FACULTY OF APPLIED AND HEALTH SCIENCES
DEPARTMENT OF ENVIROMENT & HEALTH SCIENCES

UNIVERSITY EXAMINATION FOR:
DEGREE
BDS 4201: INTRODUCTION TO COUNSELLING

END OF SEMESTER EXAMINATION

SERIES:AUGUST2019

TIME:2HOURS

DATE:Pick DateSelect MonthPick Year

Instructions to Candidates

You should have the following for this examination

-Answer Booklet, examination pass and student ID

This paper consists of **FIVE** questions. Attemptquestion ONE (Compulsory) and any other TWO questions.

Do not write on the question paper.

Question ONE (30 marks)

- (a) Explain THREE responsibilities of a counselor in a counseling relationship (6 marks)
- (b) By giving relevant examples explain THREE ethical dilemmas in counseling (6 marks)
- (c) Explain THREE methods used to assess counselor's competence (6 marks)
- (d) Give THREE potential challenges 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 unethical behavior in the counseling practice. (10 marks)
 - (b) Explain how a counsellor can build rapport with a client. (10 marks)
- (20 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)

(20 marks)

Question FOUR

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

(b) Discuss the attending skills required in counselling (10 marks)

(20 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)

(20 marks)