



TECHNICAL UNIVERSITY OF MOMBASA
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
DEPARTMENT OF SOCIAL SCIENCES
UNIVERSITY EXAMINATION FOR:
BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY
HCP 4102: HISTORICAL DEVELOPMENT OF COUNSELLING
SERIES: APRIL 2025
TIME: 2 HOURS
DATE: APRIL 2025

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. Highlight the major historical timelines in the development of counselling psychology. (10 marks)
- b. Discuss the contribution of Frank Parsons and Jesse Davis in the early development of counselling. (10 marks)
- c. Discuss how religion has contributed to the growth and professional establishment of counselling in Kenya. (10 marks)

QUESTION TWO

- a. Briefly discuss the birth of psychometrics. (10 marks)
- b. Discuss the psychodynamic perspective as a foundation of modern day counselling. (10 marks)

QUESTION THREE

- a. Explain the development of trauma counselling as a form of crisis intervention. (10 marks)
- b. Discuss five major perspectives that have emerged over time in the field of counselling psychology. (10 marks)

QUESTION FOUR

- a. Discuss the post-modern approaches in counselling. (10 marks)
- b. Discuss the emergence of using technology in modern counselling practice. Highlight some of its disadvantages. (10 marks)

QUESTION FIVE

- a. Discuss the birth of the following psychometric tests and what they entail. (10 marks)
 - i. Cognitive tests
 - ii. Personality tests
- b. Explain five competencies of multicultural counselling as proposed by Sue et al (1992). (10 marks)