



TECHNICAL UNIVERSITY OF MOMBASA

School of Humanities and Social Sciences

Social Sciences

UNIVERSITY EXAMINATION FOR:

BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY

HCP 4309: SOCIAL AND CULTURAL ISSUES IN COUNSELLING

SERIES: APRIL 2025

TIME: 2 HOURS

DATE: Pick Date Apr 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

- Define "multicultural counselling" and illustrate **FOUR** key ways it differs from traditional counselling approaches, with examples. (10 Marks)
- Explain **FIVE** ways counselors can practice cultural humility to ensure they do not impose their cultural values during therapy. (10 Marks)
- Develop a counselling program with **FIVE** activities focusing on addressing the unique needs of older adults dealing with loneliness and isolation. (10 Marks)

Question TWO

- Identify and explain **FIVE** potential challenges a counselor may face if they lack cultural competence when working with clients from diverse backgrounds. (10 Marks)
- Propose **FIVE** strategies counselors can use to enhance their cultural competence when working with clients from diverse backgrounds. (10 Marks)

Question THREE

- Examine **TEN** ways in which discrimination and stigma impact the mental health of LGBTQ+ individuals. (10 Marks)
- Create a **FIVE**-step therapeutic approach to support an LGBTQ+ client dealing with family rejection. (10 Marks)

Question FOUR

- Define culture shock and describe **EIGHT** common symptoms individuals may experience when adjusting to a new culture. (10 Marks)
- Identify and explain **FIVE** strategies you would use to help a newly arrived international student adjust to a new country, considering the knowledge of culture shock. (10 Marks)

Question FIVE

- Offer guidance to multicultural counselors on the **FIVE** essential components of healing and forgiveness in multicultural counseling. (10 Marks)
- Assess the **FIVE** strengths and **FIVE** weaknesses of employing a systematic approach in multicultural counseling. (10 Marks)