



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: JULY 2025

TIME: 2 HOURS

DATE: Pick Date Jul 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

- Identify the **FIVE** key gender differences and explain how they influence the counselling process for men and women. (10 Marks)
- Explore **FIVE** strategies you would employ as a counselor when working with a client unfamiliar with your cultural practices. (10 Marks)
- Evaluate **FIVE** roles of multicultural counselling in promoting social justice and combating inequality in mental health care programs. (10 Marks)

Question TWO

- Explain **FIVE** ways in which the process of healing differs from forgiveness in a therapeutic setting. (10 Marks)
- Assess the **FIVE** challenges that therapists face when integrating forgiveness into the healing process for clients with complex trauma. (10 Marks)

Question THREE

- Advise counselors on the **FIVE** key requirements for building rapport in multicultural counselling. (10 Marks)
- Evaluate **FIVE** challenges that might arise when building rapport with clients from cultures that emphasize indirect communication. (10 Marks)

Question FOUR

- Define "invisible social forces" and assess **FOUR** examples of invisible social forces that affect gender norms in the workplace. (10 Marks)
- Design a counseling program for men that addresses **FIVE** common emotional struggles related to gender norms and expectations. (10 Marks)

Question FIVE

- Analyze how **FIVE** societal changes, such as increasing gender equality, have influenced the counseling needs of men and women. (10 Marks)
- Evaluate the effectiveness of systematic thinking in improving cultural competence among counselors. (10 Marks)