



# Technical University of Mombasa

*Faculty of Business & Social Studies*

## **DEPARTMENT OF LIBERAL STUDIES & COMMUNITY DEVELOPMENT**

CERTIFICATE IN COMMUNITY DEVELOPMENT AND COUNSELING  
(CCDC J. 2013)

### **BCD 1103: INTRODUCTION TO COMMUNITY COUNSELING**

SPECIAL/SUPPLEMENTARY EXAMINATIONS

**SERIES:** JUNE 2013

**TIME:** 2 HOURS

#### **INSTRUCTIONS TO CANDIDATES:**

-Answer **ALL** questions in section **ONE**  
-Any **TWO** questions in section **TWO**  
This paper consists of **2** printed pages

### SECTION ONE (COMPULSORY) 30 MARKS

#### QUESTION ONE

- a) Define the term 'theory' (2 marks)
- b) Give **FOUR** reasons why theory is important in counseling. (4 marks)
- c) Define the following terms.
  - (i) Group counseling. (2 marks)
  - (ii) Individual counseling. (2 marks)
- d) Explain the **THREE** core conditions necessary as skills of humanistic counseling. (6 marks)
- e) Explain **THREE** child parenting rearing styles and therapeutic counseling. (6 marks)
- f) Differentiate community counseling and therapeutic counseling. (4 marks)
- g) Define mental health counseling. (2 marks)

#### SECTION TWO (40 MARKS)

(Answer any **TWO** questions from this section)

#### QUESTION TWO

- a) Define the term dating (3 marks)
- b) Explain **SEVEN** reasons for dating. (7 marks)
- c) State **FIVE** advantages and **FIVE** disadvantages of group counseling. (10 marks)

#### QUESTION THREE

- a) Explain **THREE** dangers of poor use of skills. (3 marks)
- b) Explain the term SOLER as used in the physical attending skill. (5 marks)
- c) Explain the following skills used in counseling.
  - (i) Reflection
  - (ii) Confrontation
  - (iii) Silence
  - (iv) Immediacy
  - (v) Minimal prompts. (12 marks)

#### QUESTION FOUR

- a) Explain **FIVE** TECHNIQUES of counseling used by the following theories:-
  - (i) Behavioral theory
  - (ii) Psychoanalytic theory. (10 marks)
- b) State the importance of the self concept. (2 marks)
- c) Use the **FOUR** aspects of the self concept to discuss the following:
  - o Public domain
  - o Private domain
  - o Hidden domain (8 marks)

#### QUESTION FIVE

- a) Give **FIVE** LIMITATIONS of the following:-
  - (i) Person centered counseling

- (ii) Behavioral counseling.
- b) Explain **FIVE** characteristics of the family.

**(10 marks)**

**(10 marks)**