



Technical University of Mombasa

Faculty of Business & Social Studies

DEPARTMENT OF LIBERAL STUDIES & COMMUNITY DEVELOPMENT

UNIVERSITY EXAMINATION FOR DEGREE OF BACHELOR OF
SCIENCE IN DEVELOPMENT STUDIES
(BSDS SEPT 2013) Y2 S1

BDS : INTRODUCTION TO COUNSELING

END OF SEMESTER EXAMINATIONS

SERIES: DECEMBER, 2013

TIME: 2 HOURS

INSTRUCTIONS TO CANDIDATES:

SECTION A – COMPULSORY

SECTION B – Answer any other **TWO** questions

-This paper consists of **2 printed** pages

SECTION A: COMPULSORY (30 MARKS)

QUESTION 1

- a) Explain the meaning of counseling. (4 marks)
- b) Outline **THREE** goals of counseling (6 mark)
- c) Using examples explain **TWO** principles of modern counseling. (4 marks)
- d) Briefly explain social skills that are useful to a counselor showing their usefulness. (4 marks)
- e) Explain **TWO** reasons for recording counseling sessions. (4 marks)
- f) Distinguish between transference and counter transference. (4 marks)
- g) Explain what remedial counseling is and give an example of an appropriate situation for its use. (4 marks)

SECTION B: Answer ANY TWO questions

QUESTION 2

- a) Trace the historical development of counseling in developed countries through the following:-
(i) Industrial revolution (5 marks)
(ii) The use of psychotherapy (5 marks)
- b) Describe the methods of counseling used in Traditional African Societies. (10 marks)

QUESTION 3

- a) Counseling is dynamic and progresses in stages. Explain the **THREE** stages model of counseling process. (12 marks)
- b) Explain the basic assumptions and key concepts according to the psychoanalytic theory. (8 marks)

QUESTION 4

Discuss the importance of responsible referrals and explain why some counselors fail to refer.

(20 marks)

QUESTION 5

- a) Explain the purpose of a code of ethics. (10 marks)
- b) Discuss **FIVE** ethical issues in counseling and give relevant examples. (10 marks)