



MACHAKOS UNIVERSITY

University Examinations for 2018/2019 Academic Year

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

DEPARTMENT OF SOCIAL SCIENCES

SECOND YEAR SPECIAL/SUPPLEMENTARY EXAMINATION FOR

BACHELOR OF ARTS

APS 213: INTRODUCTION TO COUNSELLING PSYCHOLOGY

DATE: 25/7/2019

TIME: 11.00-1.00 PM

INSTRUCTIONS: Answer QUESTION ONE and any other TWO QUESTIONS

QUESTION ONE (30 MARKS)

- a) Explain five things that counselling cannot do. (10 marks)
- b) Expound four advantages of internet counselling. (8 marks)
- c) *Listening is the most important skill in counselling. It is the process of 'hearing' the other person.* Discuss three aspects of listening in counselling. (12 marks)

QUESTION TWO (20 MARKS)

- a) Describe four personal moral qualities of a counsellor. (8 marks)
- b) Discuss four ethical issues in counselling. (12 marks)

QUESTION THREE (20 MARKS)

- a) Explain five traits and qualities of an effective counsellor. (10 marks)
- b) Differentiate the following helping professions. (4 marks)
 - i. Guidance
 - ii. Psychiatry
- c) Highlight six basic principles of counselling. (6 marks)

QUESTION FOUR (20 MARKS)

- a) Discuss five boundaries that must be spelled out in a therapeutic alliance. (10 marks)
- b) Explain the meaning of the word **SOLER** in counselling. (10 marks)

QUESTION FIVE (20 MARKS)

- a) Discuss five benefits of group counselling. (10 marks)
- b) Analyze five stage I exploring skills in counselling. (10 marks)