



MACHAKOS UNIVERSITY

University Examinations for 2022/ 2023 Academic Year

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

DEPARTMENT OF SOCIAL SCIENCES

THIRD YEAR FIRST SEMESTER EXAMINATION FOR BACHELOR OF ARTS

(COUNSELLING) FOR

APS 325 INTRODUCTION TO SKILLS OF COUNSELLING

Date:

Time:

INSTRUCTIONS: Answer QUESTION ONE and any other TWO QUESTIONS.

QUESTION ONE (30 MARKS)

- (a) Differentiate between Counsellors and Psychotherapists (2 marks)
- (b) Describe five aims of counselling (10 marks)
- (c) Discuss three bodily communications that as a counsellor can employ. (6 marks)
- (d) Outline four characteristics of a counsellor (8 marks)
- (e) Explain the Johari Window of self awareness (4 Marks)

QUESTION TWO (20 MARKS)

- (a) Discuss five ways how you can create a therapeutic alliance with a client (10 marks)
- (b) Discuss five motivations which led to you entering the counselling field (10 Marks)

QUESTION THREE (20 MARKS)

- (a) Discuss five key counselling skills you should possess as a counsellor (10 marks)
- (b) Describe the 3 stages model of the counselling process (10 marks)

QUESTION FOUR (20 MARKS)

- (a) Discuss five steps in ethical decision making.(10 marks)
- (b) Discuss five ways you as a counsellor would practice active listening (10marks)

QUESTION FIVE (20 MARKS)

- (a) Giving relevant examples describe five circumstances in which dual and multiple relationships would occur during counselling. (10 marks)
- (b) Appraise five causes of blocked listening (10 marks)