



MACHAKOS UNIVERSITY

University Examinations 2018/2019

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

DEPARTMENT OF SOCIAL SCIENCES

SECOND YEAR SECOND SEMESTER EXAMINATION FOR

BACHELOR OF ARTS

APS 213: INTRODUCTION TO COUNSELLING PSYCHOLOGY

DATE: 6/5/2019

TIME: 8.30-10.30 AM

INSTRUCTIONS

Answer Question One and any other Two Questions

QUESTION ONE (30 MARKS) (COMPULSORY)

- a) Describe the functions of counselling. (10 marks)
- b) Explain the characteristics of counselling. (8 marks)
- c) Discuss the core-conditions of counselling according to Carl Rogers. (12 marks)

QUESTION TWO (20 MARKS)

- a) Explain the following attributes of an effective counsellor. (16 marks)
 - i. Warmth
 - ii. Patience
 - iii. Good listener
 - iv. Sensitivity towards cultural background
- b) Appraise two specific aims of counselling. (4 marks)

QUESTION THREE (20 MARKS)

Evaluate the images of the Therapeutic Relationship according to McLeod (2003). (20 marks)

QUESTION FOUR (20 MARKS)

- a) Explain the following skills in relation to counselling. (10 marks)
- i. Observing
 - ii. Questioning
 - iii. Self-disclosure
 - iv. Summarizing
 - v. Concreteness
- b) Discuss the importance of confidentiality in counselling. (10 marks)

QUESTION FIVE (20 MARKS)

- a) *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)
- b) Analyze four boundaries that must be spelled out in a therapeutic alliance. (10 marks)