



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 EDUCATION (ARTS)

BACHELOR OF ARTS

APS 213: INTRODUCTION TO COUNSELLING PSYCHOLOGY

DATE: 26/9/2019

TIME: 11.00-1.00 PM

INSTRUCTIONS: Answer QUESTION ONE and any other TWO QUESTIONS

QUESTION ONE (30 MARKS)

- a) Distinguish counseling from the following helping approaches (12 marks)
- i. Advising
 - ii. Guidance
 - iii. Psychiatry
- b) Explain the basic principles of counseling. (5 marks)
- c) Describe two different forms of counseling. (4 marks)
- d) Discuss the following Rogerian core-conditions of counselling (9 marks)
- i. Empathy,
 - ii. Non-conditional positive regard
 - iii. Congruence.

QUESTION TWO (20 MARKS)

- a) Discuss four different characteristics of counseling. (8 marks)
- b) Explain what:
- i. Counselling is not (6 marks)
 - ii. Counselling cannot do (6 marks)

QUESTION THREE (20 MARKS)

- a) Describe five personal qualities of an effective counselor (10 marks)
- b) Discuss the various types of boundaries that need to be observed in a counselling relationship. (10 marks)

QUESTION FOUR (20 MARKS)

- a) Explain the following ethical issues in counseling (12 marks)
 - i. Competence
 - ii. Informed consent
 - iii. Confidentiality.
- b) Discuss two factors that one needs to consider when making a wise choice of a vocation. (8 marks)

QUESTION FIVE (20 MARKS)

- a) Explain the following ethical principles of counseling and psychotherapy (12 marks)
 - i. Fidelity
 - ii. Autonomy
 - iii. Beneficence
 - iv. Non-maleficence
 - v. Justice
 - vi. Self-respect
- b) A dual relationship is a taboo in any psychological profession and counseling. Discuss four examples of dual relationships in counselling. (8 marks)