



MACHAKOS UNIVERSITY

University Examinations for 2022/2023 Academic Year

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

DEPARTMENT OF SOCIAL SCIENCES

SECOND YEAR SECOND SEMESTER EXAMINATION FOR

BACHELOR OF ARTS (COUNSELLING PSYCHOLOGY)

BACHELOR OF ARTS (GENDER AND DEVELOPMENT)

APS 213: INTRODUCTION TO COUNSELLING PSYCHOLOGY

DATE: 18/4/2023

TIME: 8:30 – 10:30 AM

INSTRUCTIONS:

Answer QUESTION ONE and any other TWO QUESTIONS

QUESTION ONE (30 MARKS)

- a) Define the following terms (10 marks)
 - i. Counselling
 - ii. Psychotherapy
 - iii. Advising
 - iv. Guidance
 - v. Psychiatry
- b) Outline five aims of counselling (10 marks)
- c) Describe five qualities of an effective counsellor (10 marks)

QUESTION TWO (20 MARKS)

- a) Discuss three reasons why dual relationships should be avoided in counselling (10 marks)
- b) Differentiate between group counselling and telephone counselling (10 marks)

QUESTION THREE (20 MARKS)

- a) Analyse three ethical principles of counselling and Psychotherapy (10 marks)
- b) Discuss five factors that influence career choice (10 marks)

QUESTION FOUR (20 MARKS)

- a) Describe five ways in which a counsellor can repair ruptures in the therapeutic alliance (10 marks)
- b) Discuss how money can affect the therapeutic alliance between the therapist and the client (10 marks)

QUESTION FIVE (20 MARKS)

- a) Identify the stages involved in the counselling process (10 marks)
- b) Describe three skills in counselling and their purpose (10 marks)