



MACHAKOS UNIVERSITY

University Examinations for 2022/2023 Academic Year

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

DEPARTMENT OF SOCIAL SCIENCES

**THIRD YEAR SECOND SEMESTER EXAMINATION FOR
BACHELOR OF ARTS (COUNSELLING PSYCHOLOGY)**

BACHELOR OF ARTS

APS 313/317: GROUP COUNSELLING/ GROUP DYNAMICS

DATE: 21/4/2023

TIME: 2:00 – 4:00 PM

INSTRUCTIONS:

Answer QUESTION ONE and any other TWO QUESTIONS

QUESTION ONE (30 MARKS)

- a) Citing relevant examples, appraise five types of groups in counseling (10 marks)
- b) Evaluate the importance of planning in advance for a group before therapy sessions begin (10 marks)
- c) Explain five qualities of an effective group therapist (10 marks)

QUESTION TWO (20 MARKS)

- a) Discuss the disadvantages of running an open group in counselling. (10 marks)
- b) Appraise five group characteristics at the initial stage. (10 marks)

QUESTION THREE (20 MARKS)

- a) Evaluate five positive aspects of group co-leadership (10 marks)
- b) Distinguish between homogeneous and heterogeneous groups (10 marks)

QUESTION FOUR (20 MARKS)

- a) Assess five challenges faced by beginner group leaders (10 marks)
- b) Appraise the significance of empathy when conducting a support group. (10 marks)

QUESTION FIVE (20 MARKS)

- a) Citing relevant examples, explain the impact of appropriate self-disclosure of the therapist to group members (10 marks)
- b) Analyze the importance of summary at the close of each group session. (10 marks)