



# MACHAKOS UNIVERSITY

University Examinations for 2019/2020 Academic Year

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:

TIME:

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**INSTRUCTIONS: Answer QUESTION ONE and any other TWO QUESTIONS**

## QUESTION ONE (30 MARKS)

- a) Explain five specific aims of counseling. (10 marks)
- b) Describe the various images of the therapeutic relationship. (8 marks)
- a) Enumerate four different characteristics of counseling. (8 marks)
- b) Explain how lack of well-defined boundaries can harm the counselor-client relationship. (12 marks)

## QUESTION TWO (20 MARKS)

- a) Describe five personal qualities of an effective counselor. (10 marks)
- b) Discuss the role of money in a therapeutic relationship. (10 marks)

## QUESTION THREE (20 MARKS)

- a) Martin who was your classmate in high school has heard that you are training as a counselor and has come to you for counseling because he feels miserable in life because he didn't make it to campus, and he, therefore feels worthless. Discuss the ethical dilemma you could face and how you would deal with it. (11 marks)
- b) Explain the following ethical issues in counseling: (9 marks)
  - i. competence
  - ii. informed consent
  - iii. confidentiality

**QUESTION FOUR (20 MARKS)**

- a) “Students often take careers that they don’t want either because they are coerced or were not informed”. Discuss how this can be curbed in institutions of higher learning. (10 marks)
- b) Outline the stages of the helping model as given by Egan. (10 marks)

**QUESTION FIVE (20 MARKS)**

Discuss the factors that may affect the relationship between a therapist and a client during therapy and suggest how they can be dealt with.