



MACHAKOS UNIVERSITY

University Examinations for 2021/2022 Academic Year

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

DEPARTMENT OF SOCIAL SCIENCES

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

APS 104: COUNSELLING PROCESS AND PRACTICE

DATE: 26/1/2022

TIME: 8.30-10.30 AM

INSTRUCTIONS:

Answer Question One and Any Other Two Questions.

QUESTION ONE (30 MARKS)

- a) Counselling unlike other kinds of relationships and helping activities has specific characteristics. Evaluate four core conditions of counselling. (12 marks)
- b) Appraise five negative motivations for becoming a counsellor. (10 marks)
- c) Explain the importance of paraphrasing in counselling. (8 marks)

QUESTION TWO (20 MARKS)

- a) Discuss five main body message skills that demonstrate interest and attention on the part of the counsellor. (10 marks)
- b) Appraise five areas of information which should be covered in questioning. (10 marks)

QUESTION THREE (20 MARKS)

- a) Explore five reasons why one may need counselling. (10 marks)
- b) Listening involves not only receiving sounds but also accurately understanding their meaning. Evaluate five examples of poor listening habits by the counsellor. (10 marks)

QUESTION FOUR (20 MARKS)

- a) Discuss three counsellor characteristics that enhance the counselling relationship. (10 marks)
- b) Imagine that you are meeting your client for the first time in your counselling room, describe what you would do to ensure that they are comfortable and willing to engage. (10 marks)

QUESTION FIVE (20 MARKS)

- a) Burnout is a state of becoming emotionally or physically drained to the point that one cannot perform functions meaningfully. Discuss five measures that a counsellor can take in order to avoid or treat burnout. (5 marks)
- b) Describe five stages of termination of therapy that a counsellor should be well acquainted with. (5 marks)
- c) Effective attending puts counsellors in a positive to listen carefully to what their clients are saying or not saying. Appraise five attending skills that can be used to enhance effective cross-cultural counselling. (10 marks)