



COURSE CODE:

COU 2224

COURSE TITLE:

COUNSELLING SKILLS AND TECHNIQUES

SECTION A

ANSWER ALL THE QUESTIONS (COMPULSORY) 10Marks

QUESTION ONE

- a) Differentiate the following skills in a counseling Relationship. **(4mks)**
 - i. Transference and countertransference
 - ii. Sympathy and Empathy
- b) Analyze the first stage in a counseling process and two important skills require in the stages. **(2mks)**
- c) Describe four contents of an informed-consents form discussed in the intake session. **(2mks)**
- d) Discuss the Core Conditions necessary in a counseling session according to Carl Rogers. **2mks**

SECTION II CHOOSE ANY THREE QUESTIONS (30MARKS)

QUESTION TWO

- a) Explain two risks of using self-disclosure in a counseling session. **(4mks)**
- b) **Read the following CASE STUDY and answer the questions that follows:**

Liana is a 20 year old client who is in her final year in a local university.(Later opens to you of her actual age which is 24years). She appears neat and remarkably well dressed in expensive outfits. She looks lost in thoughts and occasionally smiles whenever shes giving the story.

and sometimes talks to herself during the session. She explains to you that her father was an alcoholic and never took care of her and her two younger siblings. After the death of her mother, life became very hard. Lianas father remarried but never stopped alcoholism. The step-mother was very harsh to them since the father was never there for them. Liana does not know how to handle the situation and is no longer interested in life. The friends around her has advised her that drugs would help her overcome her situation. As she narrated her story at one point she reminded you of your childhood.

- i. Explain one discrepancy and one distortion presented by Liana that you need to challenge. **(2mks)**
- ii. Describe two of clients presenting issues you would want to explore in Liana's life in order to understand his current life. **(2mks)**
- iii. Clarify what would be two of the clients intended outcomes. **(2mks)**

QUESTION THREE

- a) Describe the attending skill SOLER and its importance in Relationship building. **(4mks)**
- b) Differentiate between the skills of Reflection of feelings and Reflection of meaning.
(4mks)
- c) Illustrate with examples two Benefits of Active listening skills.
(2mks)

QUESTION FOUR

- a) Giving an example for each, explain the following counseling techniques; **(6mks)**
 - i. Exceptional
 - ii. Externalizing
 - iii. Scaling in children
- b) Explain two ways a counselor can move on when stuck. **(2mks)**

c) Mention one importance of culture and diversity that counsellors need to consider.

(2mks)

QUESTION FIVE

a) Discuss two importance of assessment and diagnosis during the counseling process.

(4mks)

b) Explore two unethical practices that therapists should avoid during counseling.

(2mks)

c) Discuss two Characteristics of an effective counselor **(2mks)**

d) Illuminate two importance of integrating spiritual values with counselling approaches and techniques. **(2mks)**