



COURSE CODE: CCOU0114

COURSE TITLE: Introduction to Counseling Psychology

SECTION A-COMPULSORY (20MKS)

QUESTION ONE

- a) Explain your own understanding of Counseling as a helping profession. **2mks**
- b) Explain how the following basic counseling skills are used; **4mks**
 - i. Empathy
 - ii. Active Listening
- c) Differentiate between the following counseling skills; **4mks**
 - i. open-ended and Closed-ended questions
 - ii. Reflecting and Paraphrasing

Read the following Case Study and answer the questions that follow

Martha is a 58-year-old client who needs help from a counselor. One of her four sons, who lived in a different city, died suddenly of a stroke. He was only 22 years old. Shortly after, she lost her job in a downsizing move stemming from the merger of her employer with another company. And then, her husband, who had been ill for about 2 years, died of cancer. Though she was not destitute, her financial condition could not be called comfortable, at least not by the societal standards. Two of her other three sons were married with families of their own. One lived in a distant area. The other in a different city. The unmarried son, a sales rep for an international company, traveled abroad extensively. She really missed all of them. After her husband's death, she didn't want to talk with anyone or engage with them and became withdrawn. She felt she had not done enough for her husband and probably would have prevented the early death of her last-born son. She kept to herself but eventually she responded to the gentle persistence of her church minister. She also began attending a support group at the church.

- i. Identify two of the feelings Martha is experiencing. **2mks**
- ii. Explain two causes of Martha's current mental state **4mks**

- iii. Elaborate on two aspects of spirituality as an important Intervention in Martha's case.

4mks

SECTION B- ANSWER TWO QUESTIONS FROM IN THIS SECTION

QUESTION TWO

- a) Describe two qualities of an effective Counselor. **2mks**
b) Highlight two purposes of non-verbal communication as important skills in counseling

4mks

- c) Explain four skills in building a professional Relationship in a counseling Session

4mks

QUESTION THREE

- a) Identify two assumptions of what counseling is NOT. **2mks**
b) Discuss two goals of counseling psychology **4mks**
c) Highlight two most important steps in termination phase in the counseling process

4mks

QUESTION FOUR

- a) Clarify the clients right to informed consent. **2mks**
b) Explain how important it is to offer Unconditional Positive Regards to clients **4mks**
c) Explain the importance of the following counseling skills; **4mks**
i. Facial expression
ii. Summarizing

QUESTION FIVE

- a) Clarify the ethical decision to make if you found out that your hairdresser is the mother to the student referred to you for counseling. **4mks**
b) Discuss three limits of confidentiality in counseling. **6mks**

