

JANUARY-APRIL SEMESTER 2024

FINAL EXAMINATION

CCOU0223: INTRODUCTION TO COUNSELING SKILLS

INSTRUCTOR: ONG'ARE GEORGE

TIME: 3HOURS

Answer questions ONE and any other TWO questions. Section A carries 20 marks and for section B Each question carries 10 points for total of 40marks.

SECTION A: COMPULSARY Questions (20mks)

Question 1

- a) Using relevant examples explain three (3) basic counseling skills that can apply to promote the process of counseling. (6mks)
- b) Discuss TWO reasons why it would be important for church leaders to embrace counseling skills? (4mks)
- c) Explain four functions of counseling skills to a professional counselor? (4mks)
- d) Giving example, examine any three steps of counseling. (6mks).

SECTION B: Answer any TWO questions.

Question2

- a) Giving one example of each explain the following words as used in counseling:
 - i. transference (2 mks)
 - ii. countertransference (2 mks)
- b) Discuss the acronym SOLER as applied by Egan (2002) in counseling. (6mks)

Question 3

- a) Using examples, Explore any three non-verbal skills used by counselor in counseling session. (6mks)
- b) Explain four factors that could hinder attending and active listening skills during counseling session? (4mks)

Question 4

- a) Providing examples illustrate three types of questions that a counselor should avoid during probing and questioning? (6mks)
- b) Explore four importance of having counseling sessions within the church environment? (4mks)

Question 5

- a) Provide a brief discussion on how you can build a rapport with a client? (4mks)
- b) Explain what counselor burnout is. (2mks)

c) Provide four ways in which a counselor can achieve self-care. (4mks)