



SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR DIPLOMA IN COUNSELLING
PSYCHOLOGY
MAY-AUGUST 2023

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COD 110

COURSE TITLE: COUNSELLING SKILLS (THEORY CLASS)

EXAM DATE: AUGUST 2023

TIME: 6.00-9.00

Read the instructions and questions carefully before you write the answers.

This paper consists of **5 questions** as shown below

Answer **all** questions in section **A(Compulsory)**

Answer **Two** questions from section **B**

All questions in section **A** carry **20 marks**

Each question in section **B** carry **10 marks**

SECTION A: ANSWER ALL QUESTIONS IN THIS SECTION

QUESTION ONE (20 marks)

(a) Explain the following communication skills in counselling:

- | | |
|-----------------------------|-----------|
| (i) Focusing | (2 Marks) |
| (ii) Empathic understanding | (2 Marks) |
| (iii) Reflective skill | (2 Marks) |
| (iv) Summarizing | (2 marks) |

(b) Highlight any **three** components of a client-counselor's contract. (3marks)

ii) Describe **three** importance of collaborative goal setting during the counseling process.
(3marks)

- (c) Discuss three ethical issues about counselor's self-disclosure. (6 marks)

Section B: Answer Any Two Questions

QUESTION TWO (10 marks)

- (a) Describe **two** situations where confidentiality in counselling can be breached. (4 marks)
- (b) Discuss any **three** ways that a counselor can use to build a therapeutic alliance with a client. (6 Marks)

QUESTION THREE (10 marks)

- (a) Explain what is meant by the term reluctant client. (2 marks)
- (b) Describe **two** reasons for client resistance in therapy. (4 marks)
- (c) Discuss **two** skills a counsellor can use to help a reluctant client in therapy. (4 marks)

QUESTION FOUR (10 marks)

- (a) Explain any **two** factors to consider before termination. (4 marks).
- (b) Discuss **three** skills for helping clients challenge their blind spots. (6 marks)

QUESTION FIVE (10 marks)

- (a) Discuss any **two** approaches you could use while assisting a client formulate actionable plans. (4 marks)
- (b) Explain any **three** key considerations in helping clients put their strategies into practice. (6mks)