

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

THIRD YEAR EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF PSYCHOLOGY

PSYC 321: TECHNIQUES AND PRACTICE OF COUNSELLING

STREAMS: B. PSYC

TIME: 2 HOURS

DAY/DATE: MONDAY 29/03/2021

2.30 P.M. – 4.30 P.M.

INSTRUCTIONS:

- **Do not write on the question paper.**
- **Answer questions one and any other two.**

QUESTION ONE

- (a) Explain the following ethical principles of counselling.
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|----------------------------|-----------|
| (i) Informed consent | (4 marks) |
| (ii) Confidentiality | (4 marks) |
| (iii) Counter transference | (4 marks) |
- (b) Describe the SOLER technique in counselling. (10 marks)
- (c) Discuss any four resources that are essential for effective counselling. (8 marks)

QUESTION TWO

- (a) Explain any five roles of a counsellor in the Egan's helping relationship. (10 marks)
- (b) Discuss the following concepts
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|-------------------------|-----------|
| (i) Reluctant clients | (5 marks) |
| (ii) Minor incompetence | (5 marks) |

QUESTION THREE

- (a) Discuss how a counsellor may help a client to develop strategies and plans to accomplish their goals. (10 marks)
- (b) Describe five qualities of an effective counsellor. (10 marks)

QUESTION FOUR

Evaluate the following practices in counseling

- (i) Flooding (5 marks)
 - (ii) Assertive training (5 marks)
 - (iii) Unconditional positive regard. (5 marks)
 - (iv) Confrontation. (5 marks)
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