

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

EMBU CAMPUS

**EXAMINATION FOR THE AWARD OF DIPLOMA IN COMMUNITY
DEVELOPMENT**

CDEV 0120: ESSENTIALS ELEMENTS IN COUNSELLING

STREAMS:

TIME: 2 HOURS

DAY/DATE: WEDNESDAY 12/04/2023

2.30 P.M – 4.30 P.M

INSTRUCTIONS:

Answer all the questions

1. (a) Differentiate counselling, guidance and psychiatry. [6 marks]
- (b) State five instances when counselling may be needed in a family setting. [5 marks]
- (c) Mention three historical events that shaped development of counselling as a recognized field. [6 marks]
- (d) Outline any three features of psychoanalytic counselling. [9 marks]
- (e) Indicate four instances where client confidentiality may be broken. [4 marks]
2. (a) State the three core conditions of counselling and briefly explain their practical application. [9 marks]
- (b) Discuss three roles of a counsellor. [6 marks]
- (c) State five reasons for referring a client. [5 marks]
3. (a) Briefly outline the individual, family and group counselling and their application. [9 marks]
- (b) State and discuss any three counselling skills. [6 marks]
- (c) Identify any five stressors that may be handled by counselling. [5 marks]

4. (a) Identify any five ethics that a counsellor may observe in counselling. [10 marks]
 - (b) Explain any five qualities of a students counselor. [10 marks]
 5. (a) Highlight any five defense mechanisms in psychoanalytic counselling. [10 marks]
 - (b) Briefly explain any five types of counselling and their areas of application. [10 marks]
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