

CHUKA



UNIVERSITY

**UNIVERSITY EXAMINATIONS**

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

**CDEV 0120: ESSENTIAL ELEMENTS IN COUNSELLING**

**STREAMS: ODEL**

**TIME: 2 HOURS**

**DAY/DATE: WEDNESDAY 12/04/2023**

**2.30 P.M – 4.30 P.M**

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**INSTRUCTIONS:**

**Answer all the question**

1 (a) Define these concepts as used in counselling. [10 marks]

- (i) Client
- (ii) Termination
- (iii) Referral
- (iv) Contracting
- (v) Confidentiality

(b) Differentiate counselling, guidance and psychiatry. [6 marks]

(c) Mention three people who were influential figures in the historical development of counselling as a recognized field. [6 marks]

(d) Explain four techniques of behavioral therapy. [8 marks]

2. (a) Briefly describe three formats of counselling. [9 marks]

(b) Mention four reasoning errors in cognitive behavioral therapy with an example for each. [8 marks]

- (c) State three situations that may force a counselor to refer a counselee. [3 marks]
3. (a) Discuss the three core conditions of person centered counselling. [9 marks]
- (b) Indicate six instances in an employee's life when they may require counselling. [6 marks]
- (c) Briefly discuss the SOLER technique of attending. [5 marks]
4. (a) Highlight five instances where client confidentiality may be broken. [10 marks]
- (b) Briefly discuss five psychoanalytic techniques of counseling. [10 marks]
5. (a) State and briefly describe the major features of humanistic counselling. [10 marks]
- (b) Proposed any five qualities you would look for when recruiting peer counselors at the University. [10 marks]
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