

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

EXAMINATION FOR THE AWARD OF DEGREE OF MASTERS OF COUNSELLING PSYCHOLOGY

CPSY 811: FUNDAMENTALS, THEORIES AND TECHNIQUES OF COUNSELLING

STREAMS: MCPSY P/T

TIME: 3 HOURS

DAY/DATE: TUESDAY 03/12/2019

11.30 AM – 2.30 PM

INSTRUCTIONS:

- **Answer question ONE and any other TWO questions**
- **Don't write on question paper**

1. (a) Discuss five principles of counselling. [10 marks]
(b) Explain five advantages of active listening skill in counselling. [10 marks]
(c) Discuss circumstances under which you can encourage a counsellor to refer a client. [10 marks]
2. (a) Discuss five resources that are crucial for effective counseling to take place. [10 marks]
(b) Explain five ethical issues that should be adhered to by a counsellor during counseling process. [10 marks]
3. (a) Discuss some of the contemporary issues in the counseling practice that a counsellor needs to be aware of. [10 marks]
(b) Discuss five goals of a counsellor and indicate five characteristics of effective counsellor. [10 marks]

4. Explain the following theories and show how they can be applied in counseling. [20 marks]
- (i) Humanistic theory
 - (ii) Behavioral theory
 - (iii) Solution-focused theory
 - (iv) Existential theory
 - (v) Biological theory
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