

THARAKA



UNIVERSITY

COLLEGE

(A Constituent College of Chuka University)

UNIVERSITY EXAMINATIONS

**EXAMINATION FOR THE AWARD OF DEGREE OF
MASTERS OF COUNSELLING PSYCHOLOGY**

CPSY 812: COUNSELLING PROCESS AND SKILLS

STREAMS: MCPSY

TIME: 3 HOURS

DAY/DATE: TUESDAY 21/04/2020

2.30 PM – 5.30 PM

INSTRUCTIONS:

Answer Question One and any other Two Questions

1. (a) Explain the meaning of the following terms as used in the counseling process.
 - (i) Empathy [3 marks]
 - (ii) Immediacy [3 marks]
 - (iii) Confidentiality [3 marks]
 - (iv) Confrontation [3 marks]
- (b) Explain the importance of non-verbal communication in the counseling process. [8 marks]
- (c) Highlight any two challenging skills in counseling. [10 marks]
2. (a) Analyse Egan's three stage model of counseling. [10 marks]
- (b) What are the pros and cons of the Egan's skilled helper model. [10 marks]
3. (a) Explain the meaning and importance of the following acronyms in relation to counseling.
 - (i) GATHER [5 marks]
 - (ii) SOLER [5 mark]
- (b) Giving illustrations outline the stages of counseling. [10 marks]

4. (a) Discuss the advantages of computer assisted counseling. [10 marks]

(b) Explain five shortcomings of online counseling. [10 marks]

5. (a) Briefly, explain the following therapeutic skills in counseling

(i) Attending [3 marks]

(ii) Listening [3 marks]

(iii) Probing [3 marks]

(iv) Summarizing [3 marks]

(b) Muthoni is a final year female undergraduate student. She is usually one of the most brilliant in class. Within the last two trimesters her attention has been diverted by her boyfriend to social rather than academic activities. She justifies this shift by claiming that she has to get married to her boyfriend immediately after graduation to avoid being “snatched” by other girls. By her engagement in social activities, she cuts classes and does not do most of her assignments. Her grade point average (GPA) was noticed in a meeting of senate. As head of department you were asked to investigate and counsel Muthoni accordingly.

Describe in detail your plan for tackling this senate assignment. [8 marks]
