



KENYATTA UNIVERSITY
UNIVERSITY EXAMINATIONS 2020/2021
FIRST SEMESTER EXAMINATION FOR THE DEGREE OF MASTER OF ARTS
PSYCHOLOGY/COUNSELLING PSYCHOLOGY

APS 804: FUNDAMENTAL AND PROCESS OF COUNSELLING

DATE: FRIDAY 19TH MARCH 2021

TIME: 9.00 A.M - 12.00 P.M

INSTRUCTIONS:

ANSWER QUESTION ONE AND ANY OTHER TWO

Question one: Compulsory

- Q1. a. Using appropriate examples discuss how a competent counsellor would demonstrate any four professional values and attitudes in her practice. (8 marks)
- b) Using a short dialogue between a counsellor and a counsellee explain the following skills of counselling
- a. Paraphrasing (4 marks)
 - b. Reflecting feelings (4 marks)
 - c. Confrontation (4 marks)
- Q2. a) Julian has been referred to you for counselling. She presents with a deep hatred for marriage and shares that she would just be in a relationship for a child but would not want to settle down for marriage. She narrates how her mother survived years of psychological torture and domestic violence meted on her by the father. She also cites the broken marriage of her elder sister and swears never to get married. She shares that her present boyfriend is pressurizing her to get married but this sends her cold shivers and now wonders how to tell him that she is not interested in marriage.
- a) Discuss any four cognitive distortions that could be causing Julian fear of getting married (12 marks)
 - b) Discuss how you would employ any two techniques of REBT in helping Julian overcome her fears. (8 marks)

Q3. Referring to an appropriate model discuss five factors related to counsellor's psychological development and how they may affect her effectiveness in counselling in a multicultural setting (20 marks)

Q4. Ever since Xyz was involved in the 1998 bomblast in Nairobi he developed an intense fear of being in a tall building. His new job requires him spend the day on the twentieth floor of a building in the city. His day is characterized by anxiety. Memories of the bomblast and intense fear of recurrence of the event.

- a) Describe two goals of behavioural therapy that would guide your intervention. (4 marks)
- b) Using appropriate examples explain how you would take him through the three stages of systematic desensitization (16 marks)

Q5. Johana, comes to you for counselling. He recently discovered that his father who has brought him up for the last fourteen years is not his biological father. He felt betrayed that her mother has hidden from him this truth. He has comes to the conclusion that it is for this reason that his "father" has been harsh on him over the years. He is too bitter and threatens to commit suicide. Discuss how any four ethical principles would guide your intervention (20 marks)