



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2014/2015

CITY, NAKURU AND MOMBASA CAMPUS

**FIRST SEMESTER EXAMINATION FOR THE DEGREE OF MASTER OF
SCIENCE IN COUNSELING PSYCHOLOGY**

APS 804: FUNDAMENTALS AND PROCESSES OF COUNSELLING

DATE: THURSDAY 27TH NOVEMBER 2014 TIME: 5.30 P.M. – 8.30 P.M.

INSTRUCTIONS

Answer question ONE and any other Two questions

Question One

- a) Distinguish between counseling and any other form of helping and how they complement each other (5 marks)
- b) Using relevant examples discuss five aims of counseling (5 marks)
- c) Highlight ways in which a counselor's values could influence the therapeutic process. (4 marks)
- d) Giving relevant examples, discuss three ways a counselor can ensure they become an effective multicultural counselor (6 marks)

Question Two

Counselors are obligated to be sensitive to cultural differences of their clients. Giving examples critically analyze this statement in the Kenyan context. (20 marks)

Question Three

- a) "Counselling can only happen if the person seeking help (the client) wants it to happen'. Critically discuss the validity of this statement (8 marks)
- b) Explain the importance of the following in the counseling profession. (12 marks)
- i) Supervision
 - ii) Counsellor's values

Question Four

Isabel is 29 years old. She is an American citizen working among refugees in Kakuma refugee camp. Using examples discuss the ethical Issues she is likely to encounter in:

- i) the use of assessment tools (10 marks)
- ii) the therapeutic relationship (10 marks)

Question Five

Medline is a Counseling Psychology student who is beginning her internship in a rehabilitation centre.

- a) Discuss the importance of the client perceiving her communication of ;
- i) Empathy
 - ii) Unconditional positive regard as stressed by Carl Rodgers (10 marks)
- b) With examples explain five challenges Medline is likely to experience. (10 marks)