



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2015/2016

(CITY, NAKURU AND MOMBASA CAMPUSES)

FIRST SEMESTER EXAMINATION FOR THE DEGREE OF MASTER OF ARTS

APS 807: SKILLS AND TECHNIQUES IN COUNSELING

DATE: Monday, 7th December 2015

TIME: 5.30 p.m. - 8.30 p.m.

INSTRUCTIONS:

Answer question 1 and any other two in section II

SECTION 1

1. Allan and Dora have been married for 8 years. Their marriage has been having issues due to the fact that they do not have a child. Allan has been under pressure from his siblings to marry another wife who can bear him children. Although he has been able to resist the pressure, he is beginning to feel that he needs to do something. Allan says he loves his wife very much and he does not want to hurt her. However, he feels that having a child will complete their joy. They have considered adoption but they both do not feel ready to raise another person's child. He has come to see you for help.
 - (a) Use the skill of questioning/probing to get the most out of Allan. (5 marks)
 - (b) Explain any five (5) purposes for questioning/probing. (10 marks)
 - (c) Use Rational Emotive Therapy to counsel Allan. (10 marks)

SECTION 2: ANSWER ANY TWO QUESTIONS FROM THIS SECTION

2.
 - (a) Discuss the purposes for advanced level empathy. (5 marks)
 - (b) Discuss the skills you would use to facilitate a client's actions. (15 marks)
3.
 - (a) Jane is a class 6 pupil in distress as a result of a rape incident. As a counseling psychologist, discuss the goals for the first session to be considered when interviewing her. (10 marks)
 - (b) Illustrate the work plan for helping in the above case. (10 marks)

4. Tom's father (Des) died from a heart attack five months ago. Tom is 25 years old and has been estranged from his father for over five years.

His father's death has had an unexpected impact on Tom, who finds himself exhibiting very intimidating and aggressive behaviour toward his colleagues and friends. Tom had always been very sensitive and introverted so this is significantly out of character for him. He has assumed that his behaviour is in some way connected to his father's death but is not sure how to stop it.

Tom has not shed a tear over his father's death and is mostly concerned for his mother and her grief. Tom's father was a very intimidating man who ruled the house through a fear campaign. Despite this, Tom's mother stayed by his side till the end.

Although Tom has not spoken with his father for over five years he has had moderate contact with his mother. Tom is by nature an emotionally withdrawn man, who has difficulty expressing his emotions - a consequence he has surmised from a childhood of not letting his father see that he's hurt him or give him the satisfaction of seeing him cry.

- (a) Describe how you would structure the initial session identifying what information should be provided to Tom. (8 marks)
- (b) Use goals and techniques from psychodynamic stance in Tom's case. (12 marks)

5. (a) Discuss two purposes for case management. (2 marks)
- (b) A father brings in his 14-year-old daughter, who is running the streets refusing to listen, and failing in school. He is at his wit's end, saying he must work and is not there when the girl returns from school. Her mother died four years ago, and the trouble started when the daughter was about 12. The father feels that he and his daughter have a difficult time communicating with one another. Outline an individualized plan for the above case. (18 marks)