



KENYATAA UNIVERSITY

UNIVERSITY EXAMINATIONS 2017/2018

DIGITAL SCHOOL OF VIRTUAL AND OPEN LEARNING

SECOND SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF ARTS

APS 213: INTRODUCTION TO COUNSELLING PSYCHOLOGY

DATE: Tuesday 19th June 2018

TIME: 8.00a.m-10.00a.m

INSTRUCTIONS:

ANSWER QUESTION ONE AND ANY OTHER TWO QUESTIONS. QUESTION ONE HAS A TOTAL OF 30 MARKS AND THE TWO ARE 20 MARKS EACH

QUESTION ONE: (30 marks)

- a) Define the following terms: [4 marks]
 - i) Informed consent [2 marks]
 - ii) Confidentiality [2 marks]
- b) Differentiate between counseling psychology and clinical psychology [4 marks]
- c) Describe the stages in the problem management and opportunity development model by Gerald Egan [10 marks]
- d) State any **THREE** main components that define a counselor [3 marks]
- e) Describe any **THREE** importance of building rapport [6 marks]
- f) Identify any **THREE** reasons that makes a counselor not to go for personal therapy [3 marks]

QUESTION TWO: (20 marks)

- a) Using examples, explain the relevance of any **FOUR** ethical principals in counseling. [12 marks]
- b) Discuss any **FOUR** effective skills that a counselor can use to handle resistance in a client. [8 marks]

QUESTION THREE: (20 marks)

James is 25 years old and has been your client for about one month after coming in with issues of gender based violence in a dating relationship. He has had to relocate to the United States of America due to new job assignment and desires to continue the counseling relationship via technology.

- a) Explain any **FIVE** challenges you are likely to face in your new engagement with James as a counselor [15 marks]
- b) Describe the instruments that would be best fit for communication [5 marks]

QUESTION FOUR: (20 marks)

Using **FIVE** examples discuss the importance of contracting with a client. [20 marks]

QUESTION FIVE: (20 marks)

Using relevant examples, describe any **FIVE** factors that affect career choice in a school. [20 marks]