



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2018/2019

CITY CAMPUS

THIRD SEMESTER EXAMINATION FOR THE DEGREE OF MASTER OF ARTS

KPS 819: COUNSELING PSYCHOLOGY

DATE: Monday, 29th July 2019

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

INSTRUCTIONS:

- Answer question ONE and any other TWO questions.
 - Each question carries TWENTY MARKS.
1. a) Explain ways in which the following helping approaches differ from counseling:
 - i. Advising (2 marks)
 - ii. Guidance (2 marks)
 - iii. Psychiatry (2 marks)
 - iv. Psychotherapy (2 marks)
 - b) Using relevant examples discuss three benefits of observing 'positive regard' when counseling clients. (12 marks)
 2. a) Using an example, explain the meaning of active listening. (10 marks)
 - b) Using a small case from your work place setting, discuss the importance of listening to content rather than context when attending to client. (10 marks)
 3. a) Explain FOUR reasons that make the use of theories important in Counseling Psychology. (8 marks)
 - b) A client comes to you for counseling complaining of being discriminated against by the office management. He says that he no longer feels like he belongs to the department and would wish to resign. In addition, he says that he has no peace at home and wishes to give up his marriage.

- c) Using social learning theory explain ways through which you would explore with the above client, each of their interpersonal conflicts. (12 marks)
4. Mr. X is a 24year old male client who has visited your office for counseling. He complains of sleeplessness, regular headaches which he says, have been persistent despite medication. In addition, he also complains of feeling hungry even after a heavy meal. Mr. X has also complained that he has lost interest in his work, and doesn't value socializing anymore. He finally says that life has no meaning anymore.
- a) Explain the pathological disorder that Mr. X could be suffering from. (4 marks)
- b) Explain four reasons that would make you invite above the family members of Mr. X to join in one of the (8 marks)
- c) Giving reasons, explain four skills from the behavioral theories that you would apply in helping Mr. X. (8 marks)
5. Using examples, discuss four reasons that make the study of Counseling Psychology relevant in your profession. (20 marks)