

KENYATTA UNIVERSITY

**UNIVERSITY EXAMINATIONS 2020/2021
REGULAR MAIN CAMPUS**

**EXAMINATION FOR THE DEGREE OF MASTER OF ARTS (COUNSELLING
PSYCHOLOGY)**

APS 807: COUNSELING SKILLS AND TECHNIQUES

DATE: _____ **TIME** _____

INSTRUCTIONS

Answer question 1 and any other two questions

1. Client B was in her late 20's and had been working in a secretarial position since graduating from high school. She was nervous and anxious most of the time. She rarely dated but desperately wanted to get married. However, she was afraid to socialize and had few friends. By the time she came to therapy, she had begun to have panic attacks and at times she thought she might die. On exploration it was discovered that she had been sexually abused by a baby sitter when she was 7 years old. This abuse continued over a two year period. She had never told her parents. Later she was also sexually abused by an uncle. Ann had strong feelings of anger toward men but also wanted to develop a relationship with a man and eventually get married. Her feelings of ambivalence had developed into anxiety which lead her to isolate and avoid men. Imagine this was your client note down your case notes under the following topics

a) Background information (1/2x4= 2mks)

- ✓ in her late 20's
- ✓ d had been working in a secretarial position
- ✓ high school graduate
- ✓ single.

b) Presenting issues (1/2x4=2mks)

- ✓ afraid to socialize
- ✓ had few friends.

c) Underlying issues (4x1=4mk)

- ✓ abuse continued over a two year
- ✓ strong feelings of anger toward men
- ✓ wanted to develop a relationship with a man and eventually get married.
- ✓ anxiety
- ✓ Self isolation and avoidance of men

d) For each of the underlying issues, discuss two specific intervention with justifications for their use (12 mks 2 for intervention 2 for justification)

- ✓ abuse continued over a two year: address vulnerability, trauma ,
- ✓ strong feelings of anger toward men : anger mgt,
- ✓ wanted to develop a relationship with a man and eventually get married.
- ✓ anxiety
- ✓ Self isolation and avoidance of men

2) A) Critically analyse two competencies that would help a counsellor deal with multicultural clients (2x2=4mks)

- ✓ Interpersonal Abilities:
- ✓ Cultural awareness
- ✓ Sensitivity
- ✓ Empathy

b) Silence when used in clinical practice may be understood to enable active listening, self-exploration, safe communication, and understanding. Elaborate this using examples to demonstrate how silence enhances each of these components (2x2=4x4=16marks)

- ✓ Active listening: non verbal communication, show interest, concentration
- ✓ Self-exploration; introspection, reflection
- ✓ Safe communication; no interruptions, non-judgemental

- ✓ Understanding: relate emotions and thoughts, explore hidden material, meanings, thoughts, process materials

3) Chris came to counselling because he was experiencing increasing feelings of being stressed, overwhelmed and weighed down by his commitments in life. He has been particularly concerned about his negative thoughts and attitude at work and at home and would like to change this.

- a) Use the ABC model to conceptualize this case (1X5=5mks)

A= weighed down by his commitments b=c

B=negative thoughts and attitude

C= Stressed and overwhelmed

D= Dispute thoughts

E=Experience:

F= New feeling

- b) With justification discuss five skills you would apply during therapy to help client Chris deal his negative thoughts and attitude at work and at home. (15mks)

4) Using relevant examples discuss the following skills and techniques demonstrating how you can apply them in a counselling session. (1 for explanation 3 for how =4X5=20mks)

a) **Empathy:** Understanding

b) **Concreteness :** Being Specific:

- ✓ Use of specific and concrete terminology,
- ✓ Avoids vagueness and ambiguity
- ✓ read between the lines
- ✓ willingness to risk being incorrect
- ✓ be objective
- ✓ belief in one's own competence

c) **Termination skills**

✓ A void introducing new subjects”

d) **Personalizing/taking responsibility:** convey the importance of client responsibility in therapy.

✓ Talk about their capabilities

✓ Encourage your clients to look for the cause, not just any cause

✓ Communicate to your client they can only grow through personal feedback

✓ Encourage admitting of mistakes

✓ Shock therapy: ask why all the ‘other’ people (everyone s/he was blaming) were so much more powerful than she was.

5) **With relevant examples discuss five goals of counselling and skills that would help a counsellor achieve them. (5x4 =20 mks discuss 2 skills 2)**

✓ Insight

✓ Self-awareness

✓ Self-acceptance

✓ Enlightenment

✓ Problem-solving

✓ Acquisition of social skills

✓ Cognitive Change

✓ Behavior Change

✓ Systemic change