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**KIRIRI WOMEN'S UNIVERSITY OF SCIENCE AND TECHNOLOGY**  
**UNIVERSITY EXAMINATION, 2023/2024 ACADEMIC YEAR**  
**FIRST YEAR, FOURTH SEMESTER EXAMINATION**  
**FOR THE DIPLOMA IN COMMUNITY DEVELOPMENT AND SOCIAL WORK**  
**DDS 403 – COUNSELLING PSYCHOLOGY**

Date: 07<sup>TH</sup> December, 2023  
Time: 11:30AM- 1:30PM

**INSTRUCTIONS TO CANDIDATES**

**ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS**

**QUESTION ONE (30 MARKS)**

- Elaborate on the difference between Guidance and Counseling (4 Marks)
- Highlight 6 factors you would consider for effective therapy sessions (6 Marks)
- Explain any 3 techniques in Behavioral Therapy (6 Marks)
- Explain the concept of Career counseling and state its significance in Society (6 Marks)
- Using relevant examples, elaborate 4 types of Counseling (8 Marks)

**QUESTION TWO (20 MARKS)**

- Explain any three significance of Ethics and Principles in the Counseling process. (6 Marks)
- Briefly Explain Humanistic Therapy (6 Marks)
- State and Explain the importance of support groups in Counseling Psychology (8 Marks)

**QUESTION THREE (20 MARKS)**

- Explain the elements of Family Counseling (6 Marks)
- Theorize the structure of personality as theorized by Sigmund Freud in the Psychoanalysis Approach. (6 Marks)
- Highlight the stages in the Counseling process (8 Marks)

**QUESTION FOUR (20 MARKS)**

- Critically analyze how Guidance and Counseling can enhance the self-esteem of individuals in society (6 Marks)
- Briefly explain 3 Counseling Approaches widely applied by contemporary therapists (6 Marks)
- Elaborate using practical examples, the significance of Counseling. (8 Marks)

**QUESTION FIVE (20 MARKS)**

- Illustrate with Example 6 roles of a Counselors and therapist (6 Marks)
- Explain various challenges counselors face in therapy processes (6 Marks)
- State and Explain 4 types of communication in counseling (8 Marks)