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KIRIRI WOMEN'S UNIVERSITY OF SCIENCE AND TECHNOLOGY
UNIVERSITY EXAMINATION, 2024/2025 ACADEMIC YEAR
SECOND YEAR, SECOND SEMESTER EXAMINATION
FOR THE DIPLOMA IN COMMUNITY DEVELOPMENT AND SOCIAL WORK
DDS 403: COUNSELLING PSYCHOLOGY

Date: 12TH APRIL 2024
Time: 11:30AM-1:30PM

INSTRUCTIONS TO CANDIDATES

ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS

QUESTION ONE (30 MARKS)

- Highlight any six goals of counselling. (6 Marks)
- Outline the characteristics of counselling. (6 Marks)
- Explain any six criteria used to select group counselling session. (6 Marks)
- In your opinion, highlight six reasons counsellors are needed in society today. (6 Marks)
- In counselling psychology, there is no master of all hence 'refer' is the term we use often. Explain reasons given for this act. (6 Marks)

QUESTION TWO (20 MARKS)

- Highlight any five guidelines of the do's of a counsellor while on session. (10 Marks)
- William Cottle, identified five elements in the process of counselling. Discuss these stages of a counselling process. (10 Marks)

QUESTION THREE (20 MARKS)

- Outline six effects of counselling on a counsellor. (6 Marks)
- In stage four of counselling, we call it closure then use an acronym GATHER. Explain its meaning. (8 Marks)
- Mention any six barriers to counselling. (6 Marks)

QUESTION FOUR (20 MARKS)

- Discuss any three similarities between counselling and psychiatry. (6 Marks)
- Highlight any four common goals between psychotherapy and religion. (7 Marks)
- Explain five foundational skills used at the exploration stage (support skills). (7 Marks)

QUESTION FIVE (20 MARKS)

- Highlight examples of six professionals to whom counsellors might refer a client. (9 Marks)
- State five ways of dealing with the most common emotions in society today. (5 Marks)
- Outline the various types of questions we ask in a counselling session. (6 Marks)