



THE CATHOLIC UNIVERSITY OF EASTERN AFRICA

A. M. E. C. E. A

MAIN EXAMINATION

SEPTEMBER –DECEMBER 2021

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FACULTY OF ARTS AND SOCIAL SCIENCES

DEPARTMENT OF PSYCHOLOGY

REGULAR PROGRAMME

BCP 101: INTRODUCTION TO COUNSELLING PSYCHOLOGY

Date: DECEMBER 2021

Duration: 2 Hours

INSTRUCTIONS: Answer Question ONE and any THREE Questions

- Q1. i) Identify the characteristics of a good counsellor (5 marks)
- ii) Examine the differences between guidance and counselling (10 marks)
- iii) Describe the different theoretical approaches used in counselling (10 marks)
- Q2. Using examples, analyze areas for counselling in the contemporary society (10 marks)
- Q3. Discuss stages you would follow to counsel a client struggling with addiction. (15 marks)
- Q4. Evaluate five ethical issues you would consider when counselling a young child (15 marks)
- Q5. Analyze counsellor's burnout highlighting self-care strategies (15 marks)
- Q6. Assess the various types of counselling that can be used by a professional counselor. (15 marks)

END