



THE CATHOLIC UNIVERSITY OF EASTERN AFRICA

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MAIN EXAMINATION

MAY – AUGUST 2021

FACULTY OF ARTS AND SOCIAL SCIENCES

DEPARTMENT OF PSYCHOLOGY

REGULAR PROGRAMME

DCP 013: MICRO-COUNSELLING SKILLS

Date: AUGUST 2021

Duration: 3 Hours

INSTRUCTIONS: Answer Question ONE and any other THREE Questions

- 1 a. Distinguish between guidance and counseling. (6 mks)
- b. Differentiate between professional counselling and any helping service (9mks)
- c. Explain five characteristics of an effective counselor (5 mks)
- d. Describe the approaches of counselling according to Rodgers (5 mks)
2. Discuss techniques used in micro counseling. (15mks)
3. Explain the format of counseling report. (15mks)
5. Examine the three theoretical approaches in counselling. (15mks)
6. Discuss the stages of a therapeutic counseling process (15 mks)

END