



THE CATHOLIC UNIVERSITY OF EASTERN AFRICA

A. M. E. C. E. A

MAIN EXAMINATION

JANUARY – APRIL 2022

P.O. Box 62157
00200 Nairobi - KENYA
Telephone: 891601-6
Ext 1022/23/25
Fax: 254-20-891084
email: exams@cuea.edu
directorofexams@cuea.edu

FACULTY OF ARTS AND SOCIAL SCIENCES

DEPARTMENT OF SOCIAL SCIENCES AND DEVELOPMENT STUDIES

REGULAR/ODEL PROGRAMME

SSW 403: COUNSELING

Date: APRIL 2022	Duration: 2 Hours
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INSTRUCTIONS: Answer Question ONE and any Other TWO Questions
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Q1.

- a) Define Counseling Psychology. **(2Marks)**
- b) Explain the difference between counseling and guidance. **(6Marks)**
- c) Differentiate a counseling from psychotherapy. **(6Marks)**
- d) Highlight and briefly explain any five characteristic qualities of an effective counselor. **(10Marks)**
- e) Using at least three points, demonstrate the significance of the study of counseling. **(6Marks)**

Q2.

- a) How do the values of both the counselor and the counselee influence the counseling process? **(8Marks)**
- b) Explain any four key ethical principles that should govern the process of counseling. **(12Marks)**

Q3.

- a) Describe the three common types of counseling. **(10Marks)**
- b) Counsellors use counselling skills to help them better understand and listen to clients, with clarity, any five core counseling skills. **(20Marks)**

Q4.

- a) Counseling is not an event, but a process. Discuss this claim. **(8Marks)**
- b) Describe the six steps involved in the process of Direct Counseling. **(12Marks)**

Q5.

- a) Outline at least five reasons which may prompt people to seek counselling. **(10Marks)**
- b) Effective counseling takes a *cooperative effort* by both the counselee and the counselor, and it takes a *commitment* to make sometimes difficult changes in behaviour or thinking patterns. With relevant examples, discuss this assertion. **(10Marks)**

END

DTE APRIL 2022