



THE CATHOLIC UNIVERSITY OF EASTERN AFRICA

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MAIN EXAMINATION

MAY – JULY 2019 TRIMESTER

FACULTY OF ARTS AND SOCIAL SCIENCES

DEPARTMENT OF PSYCHOLOGY

SUPPLEMENTARY EXAMINATION

BCP 105: SKILLS IN COUNSELING PRACTICE

Date: JULY 2019

Duration: 3 Hours

INSTRUCTIONS: Answer Question ONE and any other THREE Questions

Q1. Compare and contrast the following:

- a) Counselling and Guidance **(8Marks)**
- b) Psychotherapy and psychology **(8 Marks)**
- c) Psychological testing and psychiatry **(9marks)**

Q2. Analyse the following stages in counselling practice

- a) Relation building stage **(10 marks)**
- b) Termination stage **(5 marks)**

Q3. Describe incidences, citing examples when a professional counsellor should refer a client. **(15 Marks)**

Q4. a) Discuss five key attitudes an effective counsellor should possess. **(10 Marks)**

b) Using relevant examples, illustrate the challenges counsellors may face in trying to maintain these attitudes in their counselling practice **(5 Marks)**

Q5. a). Discuss five ethical considerations that will influence your counselling work. **(10Marks)**

b) Using specific examples, illustrate the challenges of remaining ethical in counselling practice **(5 Marks)**

- Q6. Use the cognition model to discuss the following statement:
It is not a situation in and of itself that determines what people feel, but rather
how they construe a situation **(15 Marks)**

END