



MASENO UNIVERSITY

UNIVERSITY EXAMINATIONS 2012/2013

SECOND YEAR SECOND SEMESTER EXAMINATIONS
FOR THE DEGREE OF BACHELOR OF ARTS IN
PSYCHOLOGY WITH INFORMATION TECHNOLOGY
(MAIN CAMPUS)

APY 211: PRINCIPLES OF COUNSELLING

Date: 22nd July, 2013

Time: 11.00 a.m. - 1.00 p.m.



APY 211: PRINCIPLES OF COUNSELLING

Instructions:

Answer question one and any other two questions

1. (a) "Counseling may be defined as a professional relationship that empowers diverse individuals, families and groups to accomplish mental health, wellness, education and career goals." Explain this statement by highlighting the implicit and explicit factors that are important to Counselors as well as the clients. **(15mks)**
 - (b) Explain the key Concepts in counseling **(5Mks)**
 - (c) Discuss the basic principles of counseling. **(5Mks)**
 - (d) Using clear examples, describe five qualities of an effective counselor. **(5Mks)**
2. Discuss the rationale for counseling in the African society **(20 Mks)**
3. Outline the steps involved in making ethical decisions in counseling and ways of minimizing risks in a counseling set up. **(20Mks)**
4. (a) What is the role of the counselor according to the psychoanalytic theory of counseling? **(10mks)**
 - (b) Explain the ego defense mechanisms according to the Psychoanalysis theory **(10Mks)**
5. Discuss the benefits of peer counseling in a school set up. **(20Mks)**