



MASENO UNIVERSITY
UNIVERSITY EXAMINATIONS 2013/2014

**SECOND YEAR SECOND SEMESTER EXAMINATIONS FOR THE
DEGREE OF BACHELOR OF ARTS IN PSYCHOLOGY WITH
INFORMATION TECHNOLOGY**

(MAIN CAMPUS)

APY 210: INTRODUCTION TO COUNSELING

Date: 4th April, 2014

Time: 8.30 – 10.45am

INSTRUCTIONS:

- Answer QUESTION ONE and any other TWO questions.



Instructions:

Answer Question ONE and any other TWO

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." This definition contains a number of implicit and explicit factors that are important to the Counselors as well as the clients. Explain. (15mks)
(b) Explain two key Concepts in counseling (5Mks)
(c) Discuss the principles of Autonomy and Confidentiality in counseling. (5Mks)
(d) Describe the meaning of SOLER in counseling and explain why it is necessary to use it in counseling. (10Mks)
 2. Discuss the rationale for Counseling in the Traditional African society (20 Mks)
 - 3) (a) Explain the stages of counseling (10Mks)
(b) Giving relevant examples, describe five qualities of an effective counselor (10Mks)
 4. (a) Outline the steps involved in making ethical decisions in counseling (10Mks)
ways of minimizing risks in counseling set up. (10Mks)
 - 5 Assess the role of the counselor according to Existential theory (20Mks)
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