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| THEORIES OF COUNSELLING I | | |
| AND COUNSELLING SKILLS | | |
| Oct./Nov. 2014 | Date: | |
| Time: 3 hours | | |



THE KENYA NATIONAL EXAMINATIONS COUNCIL

DIPLOMA IN COUNSELLING MODULE I

THEORIES OF COUNSELLING I AND COUNSELLING SKILLS

3 bours

INSTRUCTIONS TO CANDIDATE

Write your name and index number in the spaces provided above.

Sign and write the date of the examination in the spaces provided above.

This paper consists of TWO sections, A and B.

Answer ALL the questions in section A and any THREE questions from section B in the spaces provided in this question paper.

Each question in section A carries 4 marks while each question in section B carries 20 marks. Candidates should answer the questions in English.

For Examiner's Use Only

SECTION A

| Question | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | TOTAL SCORE |
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SECTION B

| Question | 11 | 12 | 13 | 14 | 15 | TOTAL SCORE |
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| Grand Total | |
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| 69 | |

This paper consists of 16 printed pages.

Candidates should check the question paper to ascertain that
all the pages are printed as indicated and that no questions are missing.

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Turn over

SECTION A (40 marks)

Answer ALL the questions in this section in the spaces provided.

| Differentiate between guidance and counselling. | (4 marks |
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| Identify four key concepts of client centred therapy, | 74 1 |
| reality real way concepts of enemic objects the appy. | (4 marks) |
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| Identify the four stages of a counselling process. | (4 marks) |
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| Highlight the four major classifications of counsellin | | (4 t |
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| State four ways in which a practicing counsellor may | measure their effectiveness. | (4 t |
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| Outline the steps a counsellor may follow in systematic who has phobia of dogs. | tic desensitization when helpi | ng a cli (4 r |
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| Explain any ty | | | | | (4) |
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| Identify eight | challenges that | | a beginning co | | (4 |
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SECTION B (60 marks)

Answer any THREE questions from this section in the spaces provided after question 15.

| 11. | (a) | Expla | in each of the following psychosexual stages of personality developme | nt: |
|-----|-----|-----------------|--|------------------------|
| | | (i) | orak; | (2 marks) |
| | | (ii) | genital, | (2 marks) |
| | (b) | Expla | in five issues a client may present for counselling. | (10 marks) |
| | (c) | Descr | ibe each of the following counselling skills: | |
| | | (i) | attending; | (2 marks) |
| | | (ii) | responding; | (2 marks) |
| | | (iii) | summarizing. | (2 marks) |
| 12. | (a) | State | four genetically encoded needs in a person as stated in Reality Therapy | (4 marks) |
| | (b) | mont | a drug and substance abuse addict has been seeing a counsellor for the hs. The counsellor feels that Mary has substantially benefited from the selling experience. Explain the termination process in counselling. | last four (8 marks) |
| | (c) | | in four therapeutic goals of Gestalt Therapy. | (8 marks) |
| 13. | (a) | State | three therapist roles in Gestalt Therapy, | (3 marks) |
| | (b) | Expla assist | in how a counsellor would use the three personal attitudes of a therapis John whose academic performance has been going down. | t to (9 marks) |
| | (c) | Expla | in the following qualities of an effective counsellor: | |
| | | (i) | trustworthy; | (2 marks) |
| | | (ii) | empathy; | (2 marks) |
| | | (iii) | unconditional positive regard; | (2 marks) |
| | 8 | (iv) | availability. | (2 marks) |
| | | | | |

| 14. | (a) | State | four values of a counsellor in carrying out a therapeutic process. | (4 marks) | |
|-----|----------|--|--|------------------------------------|--|
| | (b) | Expla | ain the following: | | |
| | | (i) | theory; | (2 marks) | |
| | | (ii) | transferance. | (2 marks) | |
| | (c) | Mark girlfr | wishes to visit a counsellor in need of help having been betrayed by liend. | a. | |
| | | (i) | State four sources of information that would guide him in identifyi counsellor. | ng a suitable (4 marks) | |
| | | (ii) | Explain how a therapist can apply the four characteristics of reality assist Mark. | therapy to (8 marks) | |
| 15. | (a) | (a) Formulate four questions a counsellor is likely to ask a client on the first de their facility. | | | |
| | (b) | Ident | ify four characteristics of behavioural therapy. | (4 marks) | |
| | (c) | couns | has been experiencing problems in forming stable relationships. She sellor who uses psychoanalytic therapy. Explain three challenges the experience in using psychoanalytic theory. | visits a therapist (6 marks) | |
| | (d) | terror exper needs | a, a counsellor, has been seeing clients who were victims of 2013 West rist attack. She has been feeling worn out as a result of listening to trace riences by clients from the incident. A fellow counsellor has advised is supervision. Zin three benefits derived from counsellor supervision. | numatizing | |
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