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Index No: _____

2902/103, 2903/103,
2904/103, 2905/103,
2906/103, 2907/103,
2908/103, 2909/103

**THEORIES OF COUNSELLING I
AND COUNSELLING SKILLS**

Oct./Nov. 2014

Time: 3 hours

Candidate's Signature: _____

Date: _____



THE KENYA NATIONAL EXAMINATIONS COUNCIL

**DIPLOMA IN COUNSELLING
MODULE I**

THEORIES OF COUNSELLING I AND COUNSELLING SKILLS

3 hours

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
Candidate's Score											

SECTION B

Question	11	12	13	14	15	TOTAL SCORE
Candidate's Score						

Grand Total

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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.

SECTION B (60 marks)

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

11. (a) Explain each of the following psychosexual stages of personality development:
- (i) oral; (2 marks)
 - (ii) genital. (2 marks)
- (b) Explain five issues a client may present for counselling. (10 marks)
- (c) Describe 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) Mary, a drug and substance abuse addict has been seeing a counsellor for the last four months. The counsellor feels that Mary has substantially benefited from the counselling experience. Explain the termination process in counselling. (8 marks)
- (c) Explain four therapeutic goals of Gestalt Therapy. (8 marks)
13. (a) State three therapist roles in Gestalt Therapy. (3 marks)
- (b) Explain how a counsellor would use the three personal attitudes of a therapist to assist John whose academic performance has been going down. (9 marks)
- (c) Explain the following qualities of an effective counsellor:
- (i) trustworthy; (2 marks)
 - (ii) empathy; (2 marks)
 - (iii) unconditional positive regard; (2 marks)
 - (iv) availability. (2 marks)

14. (a) State **four** values of a counsellor in carrying out a therapeutic process. (4 marks)
- (b) Explain the following:
- (i) theory; (2 marks)
- (ii) transference. (2 marks)
- (c) Mark wishes to visit a counsellor in need of help having been betrayed by a girlfriend.
- (i) State **four** sources of information that would guide him in identifying a suitable counsellor. (4 marks)
- (ii) Explain how a therapist can apply the **four** characteristics of reality therapy to assist Mark. (8 marks)
15. (a) Formulate **four** questions a counsellor is likely to ask a client on the first day of visiting their facility. (4 marks)
- (b) Identify **four** characteristics of behavioural therapy. (4 marks)
- (c) Asha has been experiencing problems in forming stable relationships. She visits a counsellor who uses psychoanalytic therapy. Explain **three** challenges the therapist may experience in using psychoanalytic theory. (6 marks)
- (d) Triza, a counsellor, has been seeing clients who were victims of 2013 Westgate terrorist attack. She has been feeling worn out as a result of listening to traumatizing experiences by clients from the incident. A fellow counsellor has advised her that she needs supervision.
Explain **three** benefits derived from counsellor supervision. (6 marks)
