



KISII UNIVERSITY
UNIVERSITY EXAMINATIONS

SECOND YEAR EXAMINATION FOR THE AWARD OF THE
DIPLOMA IN COUNSELLING PSYCHOLOGY
FIRST SEMESTER 2021/2022
[JUNE-SEPTEMBER, 2022]

DCPS 0202: BASIC COUNSELLING SKILLS

STREAM: Y2S1

TIME: 2 HOURS

DAY: TUESDAY, 9:00 – 11:00 AM

DATE: 06/09/2022

INSTRUCTIONS

- 1. Do not write anything on this question paper.***
- 2. Answer question ONE (Compulsory) and any other TWO questions.***

QUESTION ONE

- What is the meaning of the term “Counseling” [2marks]
- Identify four goals of counseling [4marks]
- Giving examples differentiate between formal and informal counseling [6marks]
- Explain four basic counseling skills [8 marks]
- Summarize the main stages of counseling process [10marks]

QUESTION TWO

- Identify two ground rules for rapport building [2marks]
- Explain how you will conduct first counseling session with a client [6marks]
- State and explain four Cognitive Behaviour Therapy counseling skills [12marks]

QUESTION THREE

- a) Explain the term 'immediacy.' [3marks]
- b) Differentiate between the term empathy and sympathy [4marks]
- c) Explain four humanistic counseling skills and techniques [10marks]

QUESTION FOUR

- a) Explain the term "Unconditional Positive Regard" [2marks]
- b) Explain how conflict can hinder effective communication during therapy. [8marks]
- c). Describe five counseling skills and techniques that you can use in group therapy. [10marks]

QUESTION FIVE

- a) Explain the term " forced therapy termination" [2 marks]
- b) Identify four benefits of counseling [8marks]
- c) Describe how you can terminate counseling's sessions [10marks]