

CSW 0102; INRODUCTION TO COUNSELLING SKILLS

(Question 1)

- a) What is counseling (5mks)
- b) What is the difference between a counselor and a religious leader (5mks)
- c) What guides professional counselling (7mks)
- d) List and explain factors that that will consider in counseling process (8mks)

(QUESTION 2)

- a) Give ten signs that will be reason enough for one to see a therapist and how to find the right one (10mks)
- b) Explain why one would have reason enough to see a therapist and how to find the right one (5mks)

(QUESTION 3)

List and explain core counselling skills that counsellors seek to improve for effective service to the society (15mks)

(QUESTION 4)

- a) What is the social economic benefit of counseling to the society (7mks)
- b) List and explain challenges facing professional counseling in the society (8mks)

(QUESTION 5)

Explain how each of the following theories contribute to successful counselling

- (a) Psychodynamic theory (5mks)
- (b) Humanistic theory (5mks)
- (c) Behavioural model (5mks)

(d)