



MAASAI MARA UNIVERSITY

REGULAR UNIVERSITY EXAMINATIONS

2018/2019 ACADEMIC YEAR

THIRD YEAR SECOND SEMESTER

SCHOOL OF ARTS & SOCIAL SCIENCES

**BACHELOR OF ARTS IN CRIMINOLOGY AND
PENOLOGY**

COURSE CODE: CRP 3226/SOC 428

**COURSE TITLE: THEORIES AND TECHNIQUES
OF COUNSELLING**

DATE: 18TH APRIL, 2019

TIME: 1100 - 1300 HRS

INSTRUCTIONS TO CANDIDATES

Answer Questions **ONE** and any other **TWO**.

QUESTION ONE

- (a) Explain each of the psychosexual stages of personality development:
- (i) Oral **(5 marks)**
 - (ii) Genital **(5 marks)**
- b) Explain how a counselor would use the three personal attitudes of a therapist to assist John whose academic performance has been going down **(10 marks)**
- c) Triza, a counselor, has been seeing clients who were victims of the 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 counselor has advised her that she needs supervision. Explain three benefits derived from counselor supervision. **(10 marks)**

QUESTION TWO

Discuss the contribution of Watson on the development of behaviorism theory **(20 marks)**

QUESTION THREE

Explain the following qualities of an effective counselor

- (i) Trustworthy **(2 marks)**
- (ii) Empathy **(2 marks)**
- (iii) Unconditional positive regard **(2 marks)**
- (iv) Availability **(2 marks)**

state and explain four values of a counselor in carrying out a therapeutic process **(12 marks)**

QUESTION FOUR

Describe any five components of personality, citing relevant examples for each **(20 marks)**

QUESTION FIVE

Mark wishes to visit a counselor in need of help having been betrayed by a girlfriend

- (i) State and explain four sources of information that would guide him in identifying a suitable counselor **(8 marks)**
- (ii) Explain how a therapist can apply the four characteristics of reality therapy to assist Mark. **(12 marks)**

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