



# **MASAI MARA UNIVERSITY**

**REGULAR UNIVERSITY EXAMINATION**

**2022/2023 ACADEMIC YEAR**

**SECOND YEAR FIRST SEMESTER**

**SCHOOL OF ARTS HUMANITIES SOCIAL SCIENCES  
AND CREATIVE INDUSTRIES**

**BACHELOR OF ARTS**

**COURSE CODE: SWK 2111-1**

**COURSE TITLE: PRINCIPLES AND TECHNIQUES IN  
COUNSELLING**

**DATE: 9<sup>TH</sup> DECEMBER 2022**

**TIME: 1430-1630**

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**INSTRUCTIONS TO CANDIDATES**

- *Answer question ONE (compulsory) and any other TWO questions.*
- *Question one carries 20marks*
- *All other questions carry 15 marks*

### **QUESTION ONE**

- a) Describe the propositions of existential therapy **(12 Marks)**
- b) As a counselor critically discuss an experience you had in dealing with a difficult person and how you handled the situation **(8 Marks)**

### **QUESTION TWO**

- a) State and explain the techniques of counseling. Support your answer with concrete examples **(5 Marks)**
- b) Describe the role and importance of social support systems in counseling **(10 Marks)**

### **QUESTION THREE**

Distinguish between directive and non-directive therapy **(15 Marks)**

### **QUESTION FOUR**

- Outline the process involved in social support assessment in counseling **(5 Marks)**
- b) EXPLAIN the concept counter Transference in client – Therapist relationship **(10Marks)**

### **QUESTION FIVE**

Explain the contribution of Freud Sigmund on the development of behaviorism theory **(15 Marks)**

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