



**MASAI MARA UNIVERSITY**

**UNIVERSITY EXAMINATION 2020/2021 ACADEMIC YEAR**

**FIRST/SECOND SEMESTER UNIVERSITY EXAMINATION FOR THE DEGREE  
OF BACHELOR OF ARTS**

**COURSE CODE: SWK 2114**

**COURSE TITLE: THEORIES MODELS AND TECHNIQUES IN COUNSELLING**

**DATE:**

**TIME:**

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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) Explain how a counselor would use the three personal attitudes of a therapist to assist John whose academic performance has been going Down **(10marks)**
- c) Triza, a counselor, 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 client 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 Freud Sigmund on the development of psychoanalytic theory **(15 mks)**

### **QUESTION THREE**

State and explain four values of a counselor in carrying out a therapeutic process **(15marks)**

### **QUESTION FOUR**

- a) Explain the Existentialist view of human nature **(10mks).**
- a) Describe the processes for aiding students in developing personal model of counseling **(5marks)**

### **QUESTION FIVE**

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

- (i) State and Explain the counseling techniques that would guide him in identifying a suitable counselor **(10marks)**
- (ii) Explain how a therapist can apply the four characteristics of reality therapy to assist Mark. **(5 marks)**