



MAASAI MARA UNIVERSITY
2022/2023 ACADEMIC YEAR

SECOND YEAR SECOND SEMESTER

SCHOOL OF EDUCATION
BACHELOR OF EDUCATION
(GUIDANCE AND COUNSELLING)

COURSE CODE: EGC 2209-1

**COURSE TITLE: GROUP PROCESSES AND
GROUP DYNAMICS IN
COUNSELLING**

DATE: 26TH APRIL 2023 TIME: 8:30 AM – 10:30 AM

INSTRUCTIONS TO CANDIDATES

1. Answer Question **ONE** and any other **TWO** questions.
2. **DO NOT WRITE ANYTHING ON THIS PAPER.**

QUESTION ONE

- a) Define the following terms as used in counseling **(3 marks)**
- (i) Group dynamics
 - (ii) Therapeutic factors
 - (iii) Group therapy
- b) Explain FOUR benefits of group counseling **(4 marks)**
- c) Identify **FOUR** areas of counseling that can be addressed through psychoeducational groups for students in tertiary institutions. **(4 marks)**
- d) Outline any **FOUR** problematic member behaviors and situations in a group counseling **(4 marks)**
- e) Explain any **FIVE** key issues that the group leader should address at the initial stage of group therapy. **(5 marks)**

QUESTION TWO

- a) Explain briefly FIVE therapeutic features in a group. **(5 marks)**
- b) Identify stages in group counseling process and highlight the key characteristics in each stage. **(10mks)**

QUESTION THREE

- a) Explain any **FIVE** characteristics of an effective group leader. **(10 marks)**
- b) Explain any **FIVE** disadvantages of co-leadership model in group counselling **(5 marks)**

QUESTION FOUR

- a) Discuss any five types of problem behaviors in transition stage of a group. **(10 marks)**
- b) Outline FIVE group exercise techniques. **(5 marks)**

QUESTION FIVE

a) Using examples, discuss the key roles of a group counselor in relation to the following theories

f) Reality

ii) Gestalt

iii) Psychoanalytic

iv) existential

(10 marks)

b) Give any **FIVE** group therapy skills

(5 marks)

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