



THE CO-OPERATIVE UNIVERSITY OF KENYA

END OF SEMESTER EXAMINATION DECEMBER -2022

**EXAMINATION FOR THE DEGREE OF BACHELOR OF CO-OPERATIVE
COMMUNITY AND DEVELOPMENT**

UNIT CODE: BOCD 2202

UNIT TITLE: COUNSELING PSYCHOLOGY

DATE: THURSDAY, 22ND DECEMBER, 2022

TIME: 9:00 AM – 11:00 AM

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INSTRUCTIONS:

- **Answer question ONE (compulsory) and any other TWO questions**

QUESTION ONE

- a) Giving examples, define the following terms
- i. Counselling (4 Marks)
 - ii. Psychiatry (4 Marks)
 - iii. Psychotherapy (4 Marks)
- b) What are the similarities in the three categories above? (8 Marks)
- c) Describe five crucial resources that an effective counselor must possess (10 Marks)

SECTION B

QUESTION TWO

- a) “Listening is a key tool in counseling”. With examples discuss this statement. (10 Marks)
- b) Explain the skill of immediacy. (10 Marks)

QUESTION THREE

- a) Explain the Dos and Dents of listening. (10 Marks)

QUESTION FOUR

- a) Discuss three principles of counselling psychology. (10 Marks)
- b) Explain four redsents foe ethics in counselling. (8 Marks)

QUESTION FIVE

- a) You have been invited by the youth of your church to speak about counselling. Describe the uniqueness of counsellor-client relationship in this church. (10 Marks)
- b) Discuss dual relationships in counselling. (10 Marks)