

OGINGA ODINGA UNIVERSITY OF SCIENCE AND TECHNOLOGY

KISUMU LEARNING CENTER

UNIVERSITY EXAMINATIONS 2013/2014

**THIRD YEAR FIRST SEMESTER END OF SEMESTER EXAM FOR THE DEGREE
OF BACHELORS IN COMMUNITY HEALTH AND DEVELOPMENT**

HCD 3321: COMMUNITY BASED COUNSELLING

ADM. NO. NAME

DATE: TIME: A.M

INSTRUCTIONS:

THIS PAPER CONSISTS OF TWO SECTIONS A&B

**ANSWER ALL QUESTIONS IN SECTION (A) AND ANY TWO QUESTIONS IN
SECTION (B)**

SECTION A- ANSWER ALL QUESTIONS (30 MARKS)

1. What is your understanding of the following terms in counseling (3mks)
 - a) Unconditional positive regard
 - b) “Minimal probes”
 - c) Cognitive restructuring
2. Listening skill has been seen to play a pivotal role in counseling. Describe how a counselor should listen to a client during counseling process (3mks)
3. State **three** pieces of information that a counselor may share with a client during HIV pretest counseling (3mks)
4. Identify **three** effective principles that apply when counseling the youth (3mks)
5. State **three** signs and symptoms of harmful effects of stress in one’s body (3mks)

6. Counseling can occur almost everywhere, but some physical settings promote counseling process better. Identify **three** qualities that a counseling room should have (3mks)
7. Why would a client opt for group counseling and not individual counseling (3mks)
8. Explain **three** differences between counseling and psychotherapy (3mks)
9. What does acronym **SOLER** refer to in counseling (3mks)
10. Give **three** points on value of post surgery counseling to a patient (3mks)

SECTION B - ANSWER ANY TWO QUESTIONS FROM THIS SECTION

11. Effective counseling is done following distinct stages. Describe the stages in counseling process highlighting relevant skills used in each stage and stating why they are used. (20mks)
12. a) Explain **five** goals of counseling (10mks)
b) Discuss the benefits of psychological preparation for surgery (10mks)
- 13 a) what do you understand by psychosomatic conditions? Identify **five** ways by which psychosomatic disorders can manifest/show up and explain **four** techniques of coping with stress (15mks)
b) State **five** rules to be observed by group members during group counseling session (5mks)
- 14 a) Discuss the role of a community counselor (10mks)
b) Describe **five** principles of effective counseling (10mks)