



**JARAMOGI OGINGA ODINGA UNIVERSITY OF SCIENCE AND TECHNOLOGY**

**SCHOOL OF HEALTH SCIENCES**

**UNIVERSITY EXAMINATION FOR THE DEGREE COMMUNITY HEALTH AND DEVELOPMENT/**

**PUBLIC HEALTH**

**3<sup>RD</sup> YEAR 2<sup>ND</sup> SEMESTER 2018/2019 ACADEMIC YEAR**

**NAIROBI CITY CAMPUS**

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**COURSE CODE: HCD 3321**

**COURSE TITLE: COMMUNITY BASED COUNSELLING**

**EXAM VENUE:**

**STREAM: (BSs. P.HEALTH/Comm Hlth & Dev)**

**DATE: 18/12/2018**

**EXAM SESSION: 2PM -4PM**

**TIME: 2 HOURS**

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**Instruction:**

- 1. Answer all questions in section A and any other 2 questions in Section B.**
- 2. Candidates are advised not to write on the question paper**
- 3. Candidates must hand in their answer booklets to the invigilator while in the examination room**

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## SECTION A

Answer all questions in this section (30 marks)

1. State any six characteristics of counseling (3 marks)
2. Give three reasons why we need community counselors (3 marks)
3. Explain any six circumstances that may dictate the counselor to breach confidentiality. (3 marks)
4. Explain three basic skills in couples HIV counseling and Testing (3 marks)
5. Identify the main tools of a counselor. (3 marks)
6. Briefly describe any three types of psychotherapy groups (3 marks)
7. a) Distinguish between the term empathy and sympathy (2 marks)  
b) State the important of empathy in counseling (1 mark)
8. State three things that are most important about each client who presents himself for counseling. (3 marks)
9. State any three fundamental assumptions underlying 21<sup>st</sup>–century community counseling. (3 marks)
10. state three essential capabilities for human development at all levels of development (3 marks)

## SECTION B

Answer any two Questions (40 Marks)

1. (b) Assume you have been invited as a facilitator at a seminar to talk to trainee counselors on the basic counseling skills. Discuss the aspects that that you will share at the seminar. (10 marks)  
(b) Suppose a certain community has resisted having their children be vaccinated against a certain viral disease due to some cultural beliefs. As a counselor, describe the phases of counseling that you will employ to ensure a successful counseling session. (10 marks)
2. (a) Explain why in considering group psychotherapy it is useful to distinguish between homogeneous groups and mor heterogeneous groups. (10 marks)  
(b) Identify and explain therapeutic factors involved in group therapy. (10 marks)
3. Community counseling is a comprehensive helping framework that is grounded in multicultural competence and oriented toward social justice. Because human behavior is powerfully affected by context, community counselors use strategies that facilitate the healthy development both of their clients and of the communities that nourish them. Discuss the main components of this definition. (20 marks)
4. Discuss basic principles of guidance and counseling (20 marks)







