



JARAMOGI OGINGA ODINGA UNIVERSITY OF SCIENCE AND TECHNOLOGY
SCHOOL OF HEALTH SCIENCES
UNIVERSITY EXAMINATION FOR DEGREE OF BACHELOR OF SCIENCE
PUBLIC & COMMUNITY HEALTH AND DEVELOPMENT
3RD YEAR 2ND SEMESTER 2023/2024 ACADEMIC YEAR
MAIN

COURSE CODE: HCB 2302

COURSE TITLE: COMMUNITY BASED COUNSELLING

EXAM VENUE: STREAM: (BSc. Comm. Health)

DATE: EXAM SESSION:

TIME: 2.00 HOURS

Instructions:

1. Answer all the questions in Section A each contain 3 marks and ANY other two questions in Section B each contain 20 marks.
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.

SECTION A- ANSWER ALL QUESTIONS (30 MARKS)

1. What is your understanding of the following terms in counseling (3mks)
 - a) Non-maleficence
 - b) Fixation

- c) Minimal prompts
2. Explain the following skills as used in counseling (3marks)
 - a) Structuring skill
 - b) Empathy
 - c) Immediacy
 3. 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)
 4. State **three** pieces of information that a counselor may share with a client during HIV pretest counseling (3mks)
 5. State **three** ways by which one can improve their self- esteem (3mks)
 6. State **three** signs and symptoms of harmful effects of stress in one's body (3mks)
 7. What is your understanding of the following terms in mental health (3marks)
 - d) Bipolar disorder
 - e) Eating disorder
 - f) Obsessive-compulsive disorder
 8. Explain Systematic desensitization as a technique used by behaviorist counsellors (3mks)
 9. Give **three** points on post discharge counseling to a hypertensive patient (3marks)
 10. Explain **three** ego defense mechanisms (3mks)
 - a. Displacement
 - b. Denial
 - c. Reaction formation

SECTION B - ANSWER ANY TWO QUESTIONS FROM THIS SECTION

11. a) Person-centered theory by Carl Rodgers is directly concerned with empowering the individual to enable them take control of issues in their lives. Describe five roles of counseling to this end. (10mks)
 - b) Describe **five** psychosexual stages of human personality development in Freud's Psychoanalytic theory (10mks)
12. Using practical examples for illustration, discuss **five** goals of community based counseling. (20mks)
13. 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)

14. a) There are many healthy ways to manage and cope with stress, but they all require

CHANGE. Discuss the 4 A's of stress management. (12mks)

b) Describe **four** qualities of an effective counsellor (8mks)