



*(UNIVERSITY OF CHOICE)*

**MASINDE MULIRO UNIVERSITY OF SCIENCE AND  
TECHNOLOGY**

**(MMUST)**

**UNIVERSITY EXAMINATIONS**

**2018/2019 ACADEMIC YEAR**

**FIRST YEAR SECOND SEMESTER EXAMINATIONS**

**FOR**

**CERTIFICATE IN SOCIAL WORK AND COMMUNITY  
DEVELOPMENT**

**COURSE CODE: CSD 009**

**COURSE TITLE: INTRODUCTION TO COUNSELING AND  
PSYCHOSOCIAL SUPPORT**

**DATE: 23/5/2019**

**TIME: 9:00-11:00AM**

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**INSTRUCTIONS TO CANDIDATES**

Answer question **ONE** (30 marks) and any other **TWO** questions (20 marks each)

TIME: 2 Hours

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 2 Printed Pages. Please Turn Over.



### **Question one**

a) Define the following terms

- i) Empathy (3 marks)
- ii) Congruence (2 marks)
- iii) Counselling (5marks)

(b) Discuss the types of skills that a Counsellor should possess for effective counselling. (20 marks)

### **Question two**

Describe the defence mechanisms that guide Counsellors practices. (20 marks)

### **Question three**

Discuss two theories of counselling. (20 marks)

### **Question four**

Discuss the core ethical values that guide counsellors in their practice. (20marks)

### **Question five**

Discuss the psychoanalytic theory by Sigmund Freud and show its application in counselling. (20 marks)