



**MASINDE MULIRO UNIVERSITY OF
SCIENCE AND TECHNOLOGY
(MMUST)**

UNIVERSITY MAIN EXAM

**UNIVERSITY EXAMINATIONS
2018/2019 ACADEMIC YEAR**

SECOND YEAR SECOND SEMESTER EXAMINATIONS

FOR THE BACHELOR

OF

SOCIAL WORK

COURSE CODE: SSW 203

COURSE TITLE: BEHAVIORAL COUNSELING

DATE: 27/5/2019

TIME: 4:00PM-6:00PM

INSTRUCTIONS TO CANDIDATES

Answer question one (compulsory) and any other two questions

TIME: 2 Hours

MMUST observes ZERO tolerance to examination cheating

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

QUESTION ONE

- a. Guidance and Counseling is as old as society. In every-day life we find guidance and counseling going on unconsciously at many levels - in a family set-up, parents guide their children, doctors guide patients, lawyers guide clients and teachers guide students. As a behaviorist define guidance and counseling, analyze the characteristics of guidance, needs of guidance, principles of guidance and the differences amongst the two concepts **(20 marks)**
- b. Describe the key elements in behavioral counseling **(5 marks)**
- c. Evaluate the vices and DONTs in professional counseling **(5 marks)**

QUESTION TWO

- a. Although more than 350 forms of counseling and psychotherapy have been identified and developed, almost all follow a definite course of steps. In view of this discuss the **Counseling** therapeutic intervention phases **(10 marks)**
- b. Discuss the six fundamental conditions necessary and sufficient for client growth as argued in 1957 by Carl Rogers **(10 marks)**

QUESTION THREE

- a. With aid of examples, present a detailed examination of Practical Components of Supportive Psychotherapy that may be adopted in management of mental health problems which can have psychological, social and somatic dimensions **(12 marks)**
- b. Point out core attending and supportive skills of counseling needed for effective Adlerian Therapy **(8 marks)**

QUESTION FOUR

- a. Counseling is different from casual conversation as it builds on a professional relationship with the client. It is totally focused, specific and purposeful. In light of this statement, define counseling communication then draw a comparison between supportive and non-supportive verbal and non-verbal counseling communication **(14 marks)**
- b. Drop an explanation of principles of psychotherapy that can promote client's self actualization and realization for persons who have lost self esteem and motivation **(6 marks)**

QUESTION FIVE.

- a. Describe the theoretical framework of counseling psychotherapy **(12 marks)**
- b. Explain the RESPECTFUL model that attempts to recognize the multidimensionality of all clients in a comprehensive and integrative way **(8 marks)**