



# **MASAI MARA UNIVERSITY**

**REGULAR UNIVERSITY EXAMINATION  
2022/2023 ACADEMIC YEAR  
FIRST YEAR SECOND SEMESTER**

**SCHOOL OF ARTS HUMANITIES, SOCIAL  
SCIENCES AND CREATIVE INDUSTRIES  
BACHELORS OF ARTS IN SOCIAL WORK**

**COURSE CODE: SWK 2114-1  
COURSE TITLE: THEORIES MODELS AND  
TECHNIQUES IN COUNSELLING**

**DATE: 15TH DECEMBER, 2022**

**TIME: 1430-1630**

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## **INSTRUCTIONS TO CANDIDATES**

- *Answer question ONE (compulsory) and any other TWO questions.*
- *Question one carries 20marks*
- *All other questions carry 15 marks*

### **QUESTION ONE**

a) Explain how a counselor would use the three personal attitudes of a Therapist to assist John whose academic performance has been going down  
(10 Marks)

b) Triza, a counselor, has been seeing clients who were victims of RAPE. She has been feeling worn out as a result of listening to traumatizing experiences by clients from the incident. A fellow counselor has advised her that she needs supervision. Explain three benefits derived from counselor supervision.  
(10 Marks)

### **QUESTION TWO**

Discuss the contribution of Freud Sigmund on the development of psychoanalytic theory  
(15 Marks)

### **QUESTION THREE**

State and explain four values of a counselor in carrying out a therapeutic process  
(15marks)

### **QUESTION FOUR**

a) Explain the Existentialist view of human nature  
(10mks).

b) Describe the processes for aiding students in developing personal model of counseling  
(5marks)

### **QUESTION FIVE**

Mark wishes to visit a counselor in need of help having been betrayed by a girlfriend

(i) State and Explain the counseling techniques that would guide him in identifying a suitable counselor  
(10marks)

(ii) Explain how a therapist can apply the four characteristics of reality therapy to assist Mark.  
(5 marks)

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