



MAASAI MARA UNIVERSITY

**REGULAR UNIVERSITY EXAMINATIONS
2023/2024 ACADEMIC YEAR
FOURTH YEAR SECOND SEMESTER**

**SCHOOL OF EDUCATION
BACHELOR OF EDUCATION**

**COURSE CODE: EGC 4216-1
COURSE TITLE: PERSONAL DEVELOPMENT
AND THERAPY IN
COUNSELLING**

DATE: 16/4/2024

TIME: 11:00 – 13:00 PM

INSTRUCTIONS TO CANDIDATE

ANSWER QUESTION ONE (1) AND ANY OTHER TWO QUESTIONS

This paper consists of 2 printed pages. Please turn over.

Question One (Compulsory)

- a) As a new guiding and counselling teacher in your school of Guidance and Counselling practicum, evaluate any **FIVE (5)** counselling issues you will face personally as a beginning counselor **(10 Marks)**
- b) In your training as a counsellor, you have been urged to attend personal therapy sessions and also taught on tips concerning personal development for counselors. Analyze any **FIVE (5)** distinctive achievements you have made by being subjected to these elements of the counsellor training **(10 Marks)**

Question Two

Self-disclosure is one such an important aspect in counselling, particularly when it is from the clients' perspective. Nevertheless, for a complete counselling experience, it also demands reciprocation from the counsellors' perspective. Give **FIVE (5)** points in arguing for and against a counselor's decision to self-disclose himself/herself and how this can affect therapeutic success or failure **(15 Marks)**

Question Three

Your fellow counsellor in school has trust issues with one of his/her client. As a trained counsellor, devise **FIVE (5)** ways in which you will urge him/her to apply in order to re-establish trust with his/her client **(15 Marks)**

Question Four

Non-verbal cues are quite important in any counselling relationship. As a trained counsellor, evaluate **FIVE (5)** ways in which non-verbal communication can influence the dynamics of therapeutic relationships between the counsellor(s) and the client(s) **(15 Marks)**

Question Five

In your Guidance and Counselling Practicum school, you have realized that your fellow counsellors have some issues with their students' clientele because they come from different ethnic groups and religions. As a trained counsellor formulate any **FIVE (5)** strategies you will give them to help them deal with such clients successfully **(15 Marks)**

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