



MAASAI MARA UNIVERSITY

**REGULAR UNIVERSITY EXAMINATIONS
2022/2023 ACADEMIC YEAR
FOURTH YEAR SECOND SEMESTER**

**SCHOOL OF EDUCATION
BACHELOR OF EDUCATION**

COURSE CODE: EGC 4216

**COURSE TITLE: PERSONAL DEVELOPMENT
AND THERAPY SKILLS IN
COUNSELLING**

DATE: 21ST APRIL, 2023

TIME: 1100 - 1300 HRS

INSTRUCTIONS TO CANDIDATES

- 1. Answer Question ONE and any other TWO questions**
- 2. DO NOT WRITE ANYTHING ON THIS PAPER**

Question One (Compulsory)

- a) Elucidate on the concept of personal development in counselor training, highlighting FIVE benefits it brings to the counselor **(20 marks)**
- b) Examine FIVE ways in which a counselor can build and maintain trust in interpersonal relationships with clients **(10 marks)**

Question Two

- a) Explain FIVE benefits of self-disclosure on interpersonal relationships for counselors **(10 marks)**
- b) Evaluate Johari's Window in relation to the counselor's self-disclosure and self-awareness in the development of interpersonal relationships **(10 marks)**

Question Three

- a) Identify FIVE benefits of interpersonal relationships to the counselor **(10 marks)**
- b) Assess the following conflict management strategies with regard to the counselor's desire to maintain cordial interpersonal relationships
 - (i) Withdrawal
 - (ii) Coercion
 - (iii) Compromising
 - (iv) Problem solving **(10 marks)**

Question Four

- a) Give FIVE reasons for the importance of self-awareness in counselor training **(10 marks)**
- b) Discuss the following strategies of managing stress for the counselor's need for personal development
 - (i) Assertiveness
 - (ii) Self-care
 - (iii) Time management
 - (iv) Physical exercises **(10 marks)**

Question Five

- a) Expound on the concept of personal therapy for counselors in counseling practice **(5 marks)**
- b) A counselor trainee who has not undertaken personal therapy is a liability to the clients and the counselling profession. Discuss **(15 marks)**

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