



MAASAI MARA UNIVERSITY

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

**SCHOOL OF EDUCATION
BACHELOR OF EDUCATION WITH GUIDANCE
AND COUNSELING**

COURSE CODE: EGC 4217-1

COURSE TITLE: PRACTICUM 1 (THEORY)

DATE: 23/4/2024

TIME: 11:00 – 13:00 PM

INSTRUCTIONS TO CANDIDATES

Answer question **ONE** and any other **TWO**

QUESTION ONE (Compulsory)

- a) Critically assess the role of self-disclosure in the therapeutic process and discuss potential benefits and drawbacks associated with its use. **(10marks)**
- b) Elaborate on the concept of non-verbal communication in counseling, providing examples of how it can enhance or hinder the therapeutic relationship. **(10marks)**

QUESTION TWO

- a) Compare and contrast the use of cognitive-behavioral therapy (CBT) and psychodynamic therapy in the treatment of anxiety disorders. **(10marks)**
- b) State the importance of establishing and maintaining rapport in the initial stages of a counseling session, and how it contributes to the overall effectiveness of therapy. **(5 marks)**

QUESTION THREE

- a) Evaluate the ethical considerations involved in incorporating technology, such as online counseling platforms, in therapeutic practices. **(5 marks)**
- b) Discuss the impact of cultural competence on the effectiveness of counseling interventions, highlighting key considerations for therapists working with diverse populations. **(10marks)**

QUESTION FOUR

- a) State and explain **THREE** potential challenges and benefits associated with integrating mindfulness techniques into counseling interventions, emphasizing their impact on clients' well-being. **(6 marks)**
- b) Examine the role of self-awareness in a therapist's effectiveness, and provide examples of how a lack of self-awareness can impede the therapeutic process. **(9 marks)**

QUESTION FIVE

- a) Explore the intersectionality of identity factors (such as race, gender, and sexual orientation) in the counseling process, considering how they may impact the therapeutic relationship and outcomes. **(10marks)**
- b) State **FIVE** ethical considerations and dilemmas that may arise when a therapist encounters a client outside the therapeutic setting and the implications for maintaining professional boundaries. **(5 marks)**

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