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**KIRIRI WOMEN'S UNIVERSITY OF SCIENCE AND TECHNOLOGY**  
**UNIVERSITY EXAMINATION, 2024/2025 ACADEMIC YEAR**  
**SECOND YEAR, SECOND SEMESTER EXAMINATION**  
**FOR THE DIPLOMA IN COMMUNITY DEVELOPMENT AND SOCIAL WORK**  
**DDS 403: COUNSELLING PSYCHOLOGY**

Date: 9<sup>TH</sup> DECEMBER 2024  
Time: 2:30PM-4:30PM

**INSTRUCTIONS TO CANDIDATES**

**ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS**

**QUESTION ONE (30 MARKS)**

**Read the case then answer the following questions below:**

Maggie is a 35-year-old woman who came for counselling six months after the break-up of her nine-year marriage to Michael, the father of her two children, Josh aged 6, and Joseph aged 12 months. Currently, both children are in Maggie's sole care. Maggie has been referred to counselling by her General Practitioner whom she has been seeing for several minor physical ailments and early signs of depression. Maggie and Michael met at university when they were studying business computing. After graduating they were employed in separate companies and dated for several years before finally getting married. They both continued working until the birth of their first child Josh, when Maggie took a year off before returning to work part-time. Michael continued in full-time work and received several promotions over his years of continuous employment. Maggie continued working part-time until the birth of their second child Joseph, when she again took a year off to care for both children at home. She was about to return to work when Michael came home one night and said he was leaving her for a woman he had met at work. Two weeks later Michael moved out of the family home. He has not contacted Maggie or the children since. Maggie has not felt well enough to return to work and is now in danger of losing her position with the company.

**Attempt the following Questions**

- a. Outline some of the physical and emotional symptoms Maggie is experiencing following the break-up. (5 Marks)
- b. Describe ways Maggie's career has been affected by her current situation. (5 Marks)
- c. Explain some possible psychological effects on Maggie following her husband's departure. (5 Marks)
- d. What strategies could be beneficial for Maggie to cope with her loss and grief. (5 Marks)
- e. Outline factors that might contribute to Maggie's difficulty in moving on from the break-up. (5 Marks)
- f. State means Maggie's situation might affect her children, Josh and Joseph. (5 Marks)

**QUESTION TWO (20 MARKS)**

- a. Counseling is a therapy and yet is not everything one needs. Describe what counselling is not in your opinion. (8 Marks)
- b. Deliberate on any six branches of counselling. (6 Marks)
- c. As a community worker, state areas of attention that you might be called upon to attend in the course of your work. (6 Marks)

**QUESTION THREE (20 MARKS)**

- a. Describe any five circumstances where confidentiality may be broken in counselling. (6 Marks)
- b. Mention any six challenges you may encounter as a counsellor while in the counselling room. (6 Marks)
- c. Describe any 8 types of communication we use in counselling psychology. (8 Marks)

**QUESTION FOUR (20 MARKS)**

- a. For counselling to be upheld as a profession, there are principles to counselling ethics. Discuss any five. (10 Marks)
- b. Describe the communication skills used in counselling. (2 Marks)
- c. Giving examples state three open and closed-ended questions one can use in a counselling room. (8 Marks)

**QUESTION FIVE (20 MARKS)**

- a. Discuss techniques used in counselling for social work. (6 Marks)
- b. One of the basic requisites of an interview is that the interviewer must create a rapport by building trust and confidence of the interviewee. Mention any eight ways of Creating rapport. (8 Marks)
- c. The Attending Skill involves being physically and emotionally present. It is having uncluttered and focused thoughts (Carkhuff R, 2000). Attending is accomplished by the counsellor's position explained by SOLER or ROLES. Explain the meaning of this acronym. (6 Marks)