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**SCHOOL OF HUMAN & SOCIAL SCIENCES**

**DEPARTMENT OF PSYCHOLOGY & COUNSELING**

**PSY-215X: BASIC COUNSELING SKILLS**

**END OF AUGUST 2017 SEMESTER EXAMINATION**

**Instructions:**

Questions ONE is **Compulsory**. Answer any other TWO questions from the choices provided.

Time: 2 hours

1. a) Explain five personal characteristics of an effective therapist according to

Gerald Corey.

(10 marks)

(b)Describe fiveroadblocks to effective Listening

(10 marks)

1. a) Discuss the following skills briefly
2. Reflecting

(2marks)

1. Paraphrasing

(2marks)

1. Clarifying

(2marks)

1. Focusing

(2marks)

b) Illustrate the three stages model according to Gerard Egan.

(12marks)

1. a) Egan summarizes certain skills that counselor can use when attending to their clients under the acronym SOLER explain the meaning of each letter in acronym.

1. marks)

b) Active listening is an important skill for counselors. Evaluate five roles that active listening plays in counseling.

(10 marks)

1. a) Define summarizing skill as used in counseling.

(2marks)

b) State three instances when summary is usually useful according to Egan.

(6marks)

c) Discuss the relating-understanding-changing counseling and helping process model

as proposed by Nelson-Jones.

(12 marks)

1. a) List eight guidelines on how to challenge a client.

(8 marks)

b) Bodily communication refers to the messages sent by your body. Discuss the five dimensions of bodily communication.

(10marks)

c) Explain the two types of records kept by counselors.

(2marks)