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**UNIVERSITY EXAMINATIONS
2017/2018 ACADEMIC YEAR
FIRST YEAR SECOND SEMESTER
MAIN EXAMINATION
FOR THE DIPLOMA IN EDUCATION**

COURSE CODE: EDD 015

COURSE TITLE: GUIDANCE AND CONSELLING

DATE: 10/08/2018

TIME: 3:00 Pm

INSTRUCTIONS TO CANDIDATES

Answer Question One and Any other TWO (2) Questions

TIME: 2 Hours

This Paper Consists of 2 Printed Pages. Please Turn Over.

QUESTION ONE**(30 Marks)**

- a) Distinguish between Guidance and counseling (8 marks)
- b) Explain the three systems of personality (12 marks)
- c) Explain why is important for a referral by the counselor (4 marks)
- d) Explain the following Defense Mechanism
 - i. Denial (1 mark)
 - ii. Projection (1 mark)
 - iii. Rationalization (1 mark)
 - iv. Displacement (1 mark)
- e) What is psychotherapy (2 marks)

QUESTION TWO**(20 marks)**

- a) State five principles of counseling (5 Marks)
- b) Enumerate Social phenomena that led to emergence of guidance and counseling in Kenyan Educational and social systems (8 Marks)
- c) List Traxler's four conditions that led to growth of guidance (4 Marks)
- d) Describe the specific principles of Guidance (3 Marks)

QUESTION THREE**(20 Marks)**

- a) Explain the techniques of psychoanalytic therapy (12 marks)
- b) i. Define psychoanalytic theory according to Sigmund Freud (1 mark)
- ii. Which techniques does **ELLIS** in his REB theory recommend to use in counseling process (1 mark)
- iii. Give the four characteristics of an irrational interpretation of reality according to Albert Ellis (4 marks)
- c) Explain Identification defense mechanism (2 mark)

QUESTION FOUR**(20 Marks)**

- a) What is group counseling (2 marks)
- b) Explain the acronym GATHER (6 marks)
- c) Explain the following phrase "Free Association" as a technique in psychoanalytic process (4 marks)
- d) Name the three outstanding Ethical value (3 Marks)
- ii. what are ethical standards (5 Marks)

QUESTION FIVE**20 Marks**

- a) Show how the following factors contributed to emergence of development of guidance and counseling
 - i. Role of a woman (2 marks)
 - ii. Child labour (2 marks)
 - iii. Introduction compulsory school attendance (2 marks)
- b) Explain four stages in a counseling process (10 marks)
- c) Give any four types of defense mechanism (4 marks)
- d) Define confidentiality in counseling (2 marks)