

KIBABII UNIVERSITY COLLEGE

FACULTY OF EDUCATION AND SOCIAL SCIENCES

DEPARTMENT OF SOCIAL WORK AND CRIMINOLOGY

COURSE CODE SSW 203: BEHAVIORAL COUNSELING

INSTRUCTIONS

Answer question ONE any TWO questions in section B.

Q1. A). Define the following terms (6mks)

- i. Ego defense mechanisms
- ii. Respondent conditioning
- iii. Dual relationship

B). Explain the core conditions of a counselor according to the person centered theory of counseling (6mks)

C). state three circumstances in which confidentiality can be broken (3mks)

D). Describe FOUR limitations of behavior therapy (4mks)

E). Explain the aspect of informed consent in counseling process (4mks)

F). Explain the purpose of interpersonal relationships in counseling. (4mks)

G). Describe the goals of the behaviorist counselors (3mks)

SECTION B.

Q2. A). briefly outline the five developmental stages of the psychoanalytic theory proposed by Sigmund Freud (5mks)

B). Discuss the following techniques of psychoanalytic therapy (15mks)

- i. Free association
- ii. Dream Analysis
- iii. Analysis of resistance
- iv. Analysis of Transference

Q3. A). Discuss the principles to employ in the organization of group counseling (10mks)

B). Identify the merits of group counseling. (10mks)

Q4. Discuss the working of the following techniques in behavior counseling (20mks)

- i. Systematic desensitization
- ii. Contingency contracts
- iii. Counter conditioning
- iv. Environmental planning
- v. shaping

Q5. A). Identify FIVE problematic issues that are the main concern in child therapy (10mks)

B). Discuss the characteristics of a child who may benefit from expressive arts and sand play process (10mks)

C). Explain factors that influence identity formation among adolescents. (10mks)

Q6. A). development pattern in the newborns follow two principles. Name and explain them (3mks)

B). Name the three periods that occur between conception and birth (1 ½ mks)

C). what is a teratogen. Explain how any four teratogens can affect development (9mks)

D). Explain the influence of culture on various aspects of development (10mks)