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**JARAMOGI OGINGA ODINGA UNIVERSITY OF SCIENCE AND TECHNOLOGY**

**SCHOOL OF HEALTH SCIENCES**

**UNIVERSITY EXAMINATION FOR THE DEGREE OF BACHELOR OF SCIENCE IN PUBLIC & COMMUNITY HEALTH**

 **3rd YEAR 2nd SEMESTER 2015/2016**

**MAIN CAMPUS**

**COURSE CODE: SHS 3321**

**COURSE TITLE: COMMUNITY BASED COUNSELLING**

**EXAM VENUE: STREAM:**

**DATE: EXAM SESSION**

**TIME:**

**Instructions:**

1. **Answer all questions in Section A and any other 2 questions in Section B**
2. **Candidates are advised not to write on the question paper**
3. **Candidates must hand in their answer booklets to the invigilator while in the examination room**

**SECTION A- ANSWER ALL QUESTIONS (30 MARKS)**

1. What is your understanding of the following terms in counseling (3mks)
2. Non-maleficence
3. Fixation
4. Minimal prompts
5. Explain the following skills as used in counseling (3marks)
6. Structuring skill
7. Empathy
8. Immediacy
9. Listening skill has been seen to play a pivotal role in counseling. Describe how a counselor should listen to a client during counseling process (3mks)
10. State **three** pieces of information that a counselor may share with a client during HIV pretest counseling (3mks)
11. State three ways by which one can improve their self- esteem (3mks)
12. State **three** signs and symptoms of harmful effects of stress in one’s body (3mks)
13. What is your understanding of the following terms in mental health (3marks)
14. Bipolar disorder
15. Eating disorder
16. Obsessive-compulsive disorder
17. Explain Systematic desensitization as a technique used by behaviorist counsellors (3mks)
18. Give **three** points on post discharge counseling to a hypertensive patient (3marks)
19. Explain **three** ego defense mechanisms (3mks)
* Displacement
* Denial
* Reaction formation

**SECTION B - ANSWER ANY TWO QUESTIONS FROM THIS SECTION**

11. a) Person-­centered theory by Carl Rodgers is directly concerned with empowering the individual to enable them take control of issues in their lives. Describe five roles of counseling to this end. (10mks)

 b) Describe **five** psychosexual stages of human personality development in Freud’s

 Psychoanalytic theory (10mks)

1. Using practical examples for illustration, discuss **five** goals of community based counseling. (20mks)

13. Effective counseling is done following distinct stages. Describe the stages in counseling

 Process highlighting relevant skills used in each stage and stating why they are used.

 (20mks)

14. a) There are many healthy ways to manage and cope with stress, but they all require

 CHANGE. Discuss the 4 A’s of stress management. (12mks)

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| **Change the situation:*** Avoid the stressor
* Alter the stressor
 | **Change your reaction:** * Adapt to the stressor
* Accept the stressor

Each well discussed 3mksx 4 =12mks |

b) Describe four qualities of an effective counsellor (8mks)