QUESTION ONE

JOHN is forty years old. He is a prominent lawyer and has won several awards in his company. However this does not motivate him and at times he suffers episodes of low self-esteem and rage. He was recently diagnosed with HIV and he is in denial. He does not eat well and his health is deteriorating. He also has past experiences that are affecting his interpersonal relationship with family, friends and colleagues. He was once enrolled for course in the university but he discontinued because he couldn’t cope. He once told a counselor that he hates his father so much that he can’t stand him, this was brought about by his constant abusive words towards his mother, he used to look up to his dad until he begun mistreating his mother. John had a fulfilling relationship with his girlfriend two years ago and they have a son but she left him for another man who John says he is no better than him. All these issues has affected John’s performance at work and that is the reason for the counseling sessions.

(a) As an HR Officer analyze five issues in the case study. (5 marks)

(b) Demonstrate the shield as an important tool in helping John gain self-awareness. (10 marks)

(C) Describe the model of the self-concept and its application in counseling. (15 marks)

(d) Discuss the counseling process in moving the session forward. (10 marks)

QUESTION TWO
Molly is an employee of a cotton production company for three years. She is one of the employees who have been laid off.

(a) As an HR Officer identify stages of loss and grief that Molly is likely to negotiate. (10 marks)
(b) Propose the counseling intervention suitable for Molly. (10 marks)

QUESTION THREE
Psychoanalysis views Psychosexual stages as an important tool in development of personality.

(a) Describe the five stages that individuals must negotiate otherwise be fixated. (10 mark)
(b) Describe the concept of studying behavior and obtaining information and memories that are repressed in the unconscious mind. (10 marks)

QUESTION FOUR
A fish production company has contracted a counselor for its employees who have constant conflicts and issues of HIV related cases among other issues.

(a) Discuss the five strategies that are suitable in managing the conflicts. (10 marks)
(b) Compose steps of helping affected employees live positively and manage their HIV status. (10 marks)

QUESTION FIVE
Relationship is a very important tool in creating and maintaining a therapeutic relationship with a client.

(a) Evaluate the core conditions as described by Carl Rodgers. (10 marks)
(b) Analyze the relationship enhancement variables. (10 marks)

QUESTION SIX
Moses has been unable to attend classes due to work related stress. He was then booked in to see the counselor at workplace.

(a) Identify the major possible sources of workplace stress. (10 marks)
(b) Explain the interventions required to deal with stress. (10 marks)