

UNIVERSITY OF SWAZILAND



FACULTY OF EDUCATION

DEPARTMENT OF EDUCATIONAL FOUNDATIONS AND MANAGEMENT

FINAL EXAMINATIONS PAPER MAY 2015

TITLE OF PAPER: FUNDAMENTALS OF COUNSELLING

COURSE NUMBER: EDF 633

TIME ALLOWED: THREE (3) HOURS

INSTRUCTIONS: THERE ARE THREE SECTIONS IN THIS PAPER –
SECTIONS A, B, AND C.

SECTIONS A AND B ARE COMPULSORY. CHOOSE
ONE QUESTION FROM SECTION C.

TOTAL MARK ALLOCATION: 100

Do not open until told to do so by the chief invigilator

SECTION A: COMPULSORY

Multiple Choice Questions

INSTRUCTIONS

You are to write all your answers in your exam answer booklet provided. Read the following instructions carefully and use the sample below as a guide.

1. This exam section contains 30 multiple choice questions, each worth 1 point.
2. On this Multiple-Choice exam each question or item is followed by a series of possible answers or choices.
3. Read each question and decide which answer or choice is best.
4. Write the letter of the best answer choice in your answer booklet with your PEN.
5. Write **LEGIBLY**.
6. Cross out any answers you wish to change and write afresh. **DO NOT USE CORRECTIONAL FLUID.**
7. Answer all questions. Your exam score will be based on the number of questions you answer correctly. There is no penalty for guessing.

Review the example below to see the right way to present your best answer or choice. This is a **SAMPLE** question. Do not answer this question on YOUR answer booklet. Choice "c" is the correct answer.

QUESTION #1: The following are characteristics of a good leader except ...

- A. patient
- B. confronts
- C. crowd pleaser
- D. organized

RIGHT WAY

1. C

WRONG WAY

1. **A**X C

1. For counsellors who work with culturally diverse populations, it is especially important to:
 - a. be aware of their own cultural heritage.
 - b. have a broad base of counselling techniques that can be employed with flexibility.
 - c. consider the cultural context of their clients in determining what interventions are appropriate.
 - d. all of the above.

2. In counseling, the main reason given for having counseling students receive some form of psychotherapy is to help them to:
 - a. work through early childhood trauma.
 - b. learn to deal with countertransference.
 - c. recognize and resolve their co-dependent tendencies.
 - d. become self-actualized individual.

3. Because dual relationships are necessarily complex and multidimensional:
 - a. there are few simple and absolute answers to neatly resolve them.
 - b. they must always be avoided if you hope to be ethical.
 - c. they are prohibited by most codes of ethics of various professions.
 - d. they are considered to be unethical, unprofessional, and illegal.

4. The best predictor of the outcome of counseling is:
 - a. the skills of the counselor.
 - b. the theory used by the counselor.
 - c. the quality of the relationship between the counselor and the client.
 - d. how hard the client works in counseling

5. Researchers have identified some traits of the effective counselor. What best captures the spirit of these studies?
 - a. Effective counselors are emotionally healthy.
 - b. Effective counselors are tolerant to divergent beliefs and lifestyles.
 - c. Effective counselors have a deep interest in people.
 - d. Effective counselors hold positives beliefs about people and see them as trustworthy and capable.

6. Personal therapy for the therapist can be instrumental in assisting them:
 - a. to heal their own psychological wounds.
 - b. to gain an experiential sense of what it is like to be a client.
 - c. to understand their own needs and motives for choosing to become professional helpers.
 - d. all of the above.

7. With respect to the role of the values of the counseling process, it is most accurate to state that:
- counseling can best be considered as teaching and persuading clients to act the right way.
 - counselors would do well to maintain an indifferent, neutral, and passive role by simply listening to everything the client reports.
 - counselors should avoid challenging the values of their clients.
 - counselors avoid imposing their values, but they are likely to expose their values to clients.
8. During psychoanalytic treatment, clients are typically asked:
- to monitor their behavior changes by keeping a journal that describes what they feel at home.
 - to make major changes in their lifestyle.
 - not to make radical changes in their lifestyle.
 - none of the above.
9. Countertransference refers to the:
- irrational reactions clients have towards their therapists.
 - irrational reactions therapists have towards their clients.
 - projections of clients.
 - client's need to be special in the therapist's eyes.
10. Analysis of transference is central to psychoanalytic approaches because:
- it keeps the therapist hidden and thus feeling secure.
 - it allows clients to relive their past in therapy.
 - it helps clients formulate specific plans to change behavior.
 - it is considered the only route to working with unconscious material.
11. How does the ego-defense mechanism of identification help a person cope with anxiety?
- It protects them from a sense of being a failure.
 - It helps explain away bruised ego.
 - It enhances the feeling of self-worth.
 - Both (a) and (c).
12. Which of the following ego-defense mechanisms is a way of negating a disapproving thought or behavior?
- Compensation.
 - Repression.
 - Identification.
 - Displacement.

13. If an infant's needs are not met, the infant will develop a sense of:
- shame and doubt.
 - mistrust.
 - isolation.
 - despair.
14. The phenomenological orientation pays attention to the:
- way the individuals perceive their world.
 - manner in which biological and environment forces limit us.
 - internal dynamics that drives a person .
 - events that occur at various stages of life.
15. Which of the following did Alder not stress?
- The unity of personality
 - Focus on reliving early childhood experiences
 - The direction people are headed.
 - A unique style of life that is an expression of life goals.
16. Which of the following is not an aspect of the therapeutic process in the Adlerian counselling?
- Identifying mistaken goals.
 - Exploring faulty assumptions.
 - Reeducation of the client toward constructive goals.
 - Psychological testing.
17. Which child generally receives a good deal of attention, tends to be dependable and hand-working, and strives to keep ahead?
- The oldest child.
 - The second child.
 - The middle child.
 - The oldest child.
18. Existential therapy is best described as:
- systematic approach to behavior modification.
 - philosophy on which a therapist operates.
 - set of techniques designed to change behavior.
 - separate school of therapy.

19. _____ best deals with deep, dark, secretive, sexual, unconscious, hidden pain and is long term and reconstructive:
- counseling.
 - psychotherapy.
 - existential therapy.
 - adlerian therapy .
20. According to the existentialists, anxiety is generated by:
- the lack of guarantees in life.
 - stress in interpersonal relationships.
 - a neurotic striving to be better than others.
 - the striving to overcome feeling of inadequacy.
21. Unconditional positive regards refers to:
- feeling a sense of liking for the client.
 - accepting clients as worthy persons.
 - accepting clients with their problems and understanding them always.
 - agreeing with the client's values
22. If your client wanted to change behavior such as learning to control smoking, drinking, or eating which behavioural technique would be most appropriate to employ?
- Systematic desensitization.
 - Self-management.
 - Assertion training .
 - Modelling.
23. A behavior therapists working with the client would most likely:
- begin with a compressive assessment .
 - put the focus on exploring the past.
 - direct attention to the client's nonverbal expressions.
 - ask the client to talk to an empty chair.
24. Structured groups that focus on a particular theme are often a part of:
- counseling groups.
 - psychotherapy groups.
 - psychoeducational and task facilitation groups.
 - All of the above.

25. Which group work specialist would be most concerned with helping members remediate their in-depth psychological problems?
- Counseling .
 - Psychotherapy .
 - Psychoeducational .
 - Task facilitation.
26. In using the group leadership skill of confronting, a leader should avoid
- challenging specific behaviors.
 - labeling the person.
 - sharing how he or she feels about the person's behavior.
 - All of the above.
27. Which of the following are involved in the group leadership skill of terminating?
- Preparing members for their psychological problems they may have on leaving the group.
 - Providing suggestions for transferring what they have learned to their daily lives.
 - Telling members where they can get additional therapy.
 - All of the above.
28. All of the following are techniques commonly used in solution focused therapy except for:
- exception questions
 - scaling questions
 - miracle question
 - functional assessment
29. Which of these solution-focused therapy techniques involve asking clients to describe life without the problem?
- Pre-therapy change.
 - Miracle question.
 - Scaling questions .
 - Exception questions.
30. Ruth seems unable to define herself separately from her husband and children. In family systems terminology, Ruth needs to examine her process of:
- internalizing conflicts.
 - acculturation.
 - differentiation.
 - assimilation.

SECTION B: COMPULSORY

Question 1 (*Marks 40*)

- I. What theoretical orientation do you believe you would feel most comfortable with as a counselor and why?
- II. Discuss the theoretical orientation's key concepts regarding: views of human nature, role of counselor, goals, intervention process and techniques, multicultural and gender-sensitive issues, appropriateness and theory's limitations in the Swaziland context.
- III. Explain how this theoretical orientation is related to your own views about counselling.

SECTION C

Answer ONE (1) question from this section.

Question 1 (*30 marks*)

- I. Class teachers should act as counselors in schools where no other counseling services are available. Position this statement considering ethical and legal issues in counseling you are familiar.

Question 2 (*30 marks*)

- I. List and discuss the multicultural counseling competencies using examples of own choice.
- II. How can a counselor become more aware of his or her own values and biases?