

UNIVERSITY OF SWAZILAND



FACULTY OF EDUCATION

DEPARTMENT OF EDUCATIONAL FOUNDATIONS AND MANAGEMENT

FINAL EXAMINATIONS PAPER MAY 2016

TITLE OF PAPER: GROUP PROCESS IN GUIDANCE AND COUNSELING

COURSE CODE: EFM 608

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

THIS QUESTION PAPER CONSISTS OF 8 PAGES INCLUDING COVER PAGE

DO NOT OPEN THE QUESTION PAPER UNTIL TOLD TO DO SO BY THE CHIEF INVIGILATOR

SECTION A: COMPULSORY

Multiple Choice, True or False Questions (50 marks)

INSTRUCTIONS

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

1. This examination section contains 25 multiple choice and True or False questions, each worth 2 points.
2. On the Multiple-Choice and True and False aspects 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. [Make sure you read thoroughly any special instructions that may apply to a given portion of the exam.]
4. Write the letter of the best 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 for multiple choice questions. This is a **SAMPLE** question. Do not answer this question on YOUR answer booklet. Choice "A" is the correct answer.

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

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

RIGHT WAY!

1. A

WRONG WAY

1. X

1. A group has
 - a. a membership which can be defined.
 - b. some degree of unity and interaction.
 - c. a shared purpose.
 - d. all of the above

2. The term group therapy was coined in 1931 by
 - a. Frank Parsons, the Father of guidance.
 - b. Jacob Moreno, the Father of psychodrama.
 - c. E. G. Williamson, associated with the Minnesota Viewpoint.
 - d. Fritz Perls, the Father of gestalt therapy.

3. Which theorists work has been classified as a preface to the group movement
 - a. Freud.
 - b. Jung.
 - c. Jessie B. Davis.
 - d. Adler.

4. A group is classified as secondary. This implies that
 - a. it is preventative and attempts to ward off problems.
 - b. a difficulty of disturbance is present.
 - c. two therapists are utilized.
 - d. all of the above.

5. When comparing a tertiary group with primary or secondary group
 - a. the tertiary focuses less on individual members.
 - b. the tertiary focuses more on the here-and-now.
 - c. the tertiary is less likely to deal with severe pathology.
 - d. the tertiary is or likely to deal with severe pathology.

6. Group therapy initially flourished in the U.S. due to
 - a. Freud's lectures.
 - b. a shortage of competent career counselors.
 - c. a shortage of individual therapists during WWII.
 - d. pressure from non-directive therapists pushing encounter groups.

7. Group content refers to material discussed in a group setting. Group process refers to
 - a. analysis of the unconscious.
 - b. analysis of the content.
 - c. the process of the group.
 - d. the manner in which discussions and transactions occur.

8. Group cohesiveness refers to
 - a. forces which tend to bind group members together.
 - b. an analysis of group content.
 - c. a common co-leadership style.
 - d. a style of leadership.

9. Some theorists feel that group therapy differs from group counseling (which is also called interpersonal problem solving group) in that
 - a. group counseling would be of longer duration.
 - b. group therapy, also dubbed as a personality reconstruction group, would be of longer duration.
 - c. group counseling addresses deep rooted issues.
 - d. group therapy addresses a less disturbed population of clients.

10. Most experts would agree that overall
 - a. structured exercises are more effective than unstructured techniques.
 - b. structured exercises are less effective than unstructured techniques.
 - c. all well-trained therapists favor structured exercises over unstructured techniques.
 - d. ethical guidelines must forbid unstructured techniques because they can be dangerous to the depressed or anxious client.

11. One advantage of group work is that a counselor can see more clients in a given period of time. One disadvantage is that a counselor can be too focused on group processes and
 - a. thus individual issues are not properly examined.
 - b. the group becomes too behavioristic.
 - c. a and b.
 - d. thus the group focuses too much on content.

12. According to the risky shift phenomenon, a group decision will
- be less conservative than the average group member's decision, prior to the group discussion.
 - be more conservative than the average group member's decision, prior to the group discussion.
 - often be aggressive or illegal.
 - violate the group's confidentiality norms.
13. Weight Watchers is a
- T-group also called a training group.
 - self-help or support group as in AA.
 - psychotherapy group.
 - marathon group.
14. A counselor is screening clients for a new group at the college counseling center. Which client would most likely be the poorest choice for a group member
- a first-year student who is suicidal and sociopathic.
 - a second-year student who stutters.
 - a graduate student a facial tic.
 - a fourth-year student with obsessive-compulsive tendencies (OCD).
15. One major advantage of a closed group versus and open group is
- cost effectiveness.
 - it promotes cohesiveness.
 - it lessens counselor burnout.
 - it allows the members to meet less frequently.
16. Which statement made by a doctoral level counselor is illustrative of a leader focused on process rather than product
- "Jim seems more relaxed today".
 - "Sally seems a bit self-critical this evening".
 - "I hear a lot of sadness in Betty's voice".
 - "You wince whenever James raises her voice".
17. Co-leaders are apt to work at cross-purposes when
- they do not meet between group sessions.
 - they do meet between group sessions.
 - they are master's level practitioners.
 - they are doctoral level practitioners.

18. Gerald Corey, who has written extensively on group therapy, believes _____ is necessary for an effective group leader.
- a master's degree in guidance and counseling.
 - a doctorate in counselor education.
 - participation in a therapeutic group and participation in a leader's group (even if the individual is well educated and is licensed and certified).
 - three credit hours in a graduate course in group therapy.
19. During the initial session of a group the leader explains that no smoking and no cursing will be permitted. This is known as
- setting ground rules.
 - ambivalent transference.
 - blocking.
 - Scapegoating.
20. The study of group operations is often called
- group desensitization.
 - the hot seat technique.
 - group dynamics.
 - structuring the group
21. 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.
22. When group participation is mandatory, informed consent is not essential.
- True
 - False
23. A good practice for creating a climate of trust in a group is for a leader to assure the members that confidentiality will always be maintained.
- True.
 - False.

24. Out-of-group contact and socialization among members is always bad and works against cohesion building in a group.
- True.
 - False.
25. In order to use techniques appropriately, it is important to have a rationale for their use.
- True.
 - False.

SECTION B: COMPULSORY:

Question 1 (30 marks)

Among most mammals, belonging to a "herd" or "tribe" is what protects us against predators, as well as what increases resources, division of labor, and support. In modern times, alienation and loneliness have intensified, in large, because people feel so disconnected and hunger for greater intimacy. An important therapeutic ingredient of groups is to provide sense of belonging among others.

- List and briefly describe five (5) therapeutic factors of groups by group stage (20 marks)
- Discuss two (2) situations when groups may not be beneficial to individuals. (10 marks)

SECTION C

Answer ONE (1) question from this section.

Question 1 (20 marks)

- Begin an effective group leader is not just about what you can do but also about who you are. Identify and discuss five (5) personal qualities of an effective group leader. (15 marks)
- Humor and playfulness are not an integral part of group experience. Position this statement given your understanding of group process and dynamics. (5 marks)

Question 2 (20 marks)

- How would explain distinctions between self-help and therapeutic groups to your grandmother using concrete examples? [20 marks]. Use a Table contrasting for goals (5 marks). Composition. (3 marks).process (8 marks), and evaluation of outcomes. (4 marks)

Question 3 (20 marks)

- a) You have been recently hired as a guidance and counseling teacher in one prestigious high school. Your first assignment is to develop a group counseling proposal to be given to the principal of the school that provides specific psychoeducational intervention. Include the following aspects: a) rationale for the group based on current group counseling literature, and a needs assessment of the population to be served (5 marks); b) goals, format and duration of the group (3 marks) ; c) recruitment, screening, selection and consent procedures (8 marks) ; and d) specific interventions and activities (4 marks).