

UNIVERSITY OF ESWATINI



FACULTY OF EDUCATION

DEPARTMENT OF EDUCATIONAL FOUNDATIONS AND MANAGEMENT

FINAL EXAMINATION PAPER DECEMBER 2018

TITLE OF PAPER: CONVENTIONAL COUNSELLING THEORIES AND
INDIGENOUS HELPING APPROACHES

COURSE NUMBER: EFM 609

TIME ALLOWED: THREE (3) HOURS

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

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

TOTAL MARK ALLOCATION: 100

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

SECTION A: COMPULSORY

Multiple Choice Questions (40 marks)

INSTRUCTIONS

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

1. This exam section contains 20 multiple choice questions, each worth 2 points.
2. On this Multiple-Choice examination 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 examination].
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 examination 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 "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. A X

1. The initial session is the foundation of the counselling relationship because it:
 - a. it involves teaching the client how she/ he can benefit most from counselling.
 - b. the structure for future sessions is established.
 - c. it is where the client talks about the reasons for coming to therapy.
 - d. all of the above.

2. According to the lectures, to be an effective counselor:
 - a. your personality and style are sufficient core variables.
 - b. you need thorough grounding in counselling theory and techniques.
 - c. You need considerable supervised experience in counselling practice.
 - d. (b) and (c) of the above.

3. Resistance, from the psychoanalytic perspective is considered:
 - a. a fundamental part of therapy and is something that needs to be recognized and explored.
 - b. a sign that the therapist is making a correct assessment or is inappropriately applying a treatment plan.
 - c. the client's projection of a feeling on the therapist.
 - d. a conscious desire to suppress a memory from early childhood.

4. According to psychoanalytic practitioners, which of the following is not a defense mechanism:
 - a. projection.
 - b. fixation.
 - c. introjection.
 - d. reaction formation.

5. Adlerian psychology differs from Freud's ideas in that Adler believes...
 - a. human behaviour is determined by genetic endowments.
 - b. birth order as opposed to sex is everything.
 - c. the unconscious is the primary source for imputing values.
 - d. social urges take precedence over sexual urges.

6. The concept of fictional finalism refers to:
 - a. an imagined central goal that guides a person's behaviour.
 - b. encouragement provided by the therapist.
 - c. the manner in which people express their need to belong.
 - d. feelings of inferiority.

7. According to behaviorists, persons develop their consistent ways of behaving (personality) through...
 - a. striving to overcome feelings of inferiority.
 - b. an inborn actualising tendency.
 - c. maturation and the laws of learning.
 - d. biological drives those are largely unconscious in origin.

8. A behaviour therapist working with a client would most likely:
 - a. begin with a comprehensive assessment.
 - b. put the focus on exploring the past.
 - c. direct attention to the client's nonverbal expressions.
 - d. be interested in exploring childhood trauma.

9. Roger's basic assumptions were that people:
 - a. are essentially trustworthy.
 - b. have vast potential for self- understanding and resolving their own problems.
 - c. are capable of self-directed growth.
 - d. all of the above.

10. In Person-centered theory, whenever an individual's perception of his or her own experience is distorted or denied, that individual's existence is viewed as being in a state of...
 - a. self-actualization.
 - b. flux.
 - c. maladjustment and vulnerability.
 - d. congruency.

11. In Cognitive therapy when a client is taught to replace negative, self-defeating thoughts with positive, constructive thoughts, which of the following a technique is used?
 - a. Covert modeling.
 - b. Cognitive restructuring
 - c. Flooding.
 - d. Thought-stopping.

12. In Beck's cognitive therapy, the therapist and the client work together to uncover and examine faulty interpretation. This process is known as:
 - a. automatic thinking.
 - b. collaborative empiricism.
 - c. technical empiricism.
 - d. stress inoculation.

13. REBT techniques include all the following methods except for:
 - a. shame-attacking exercises.
 - b. homework assignment.
 - c. use of force and vigor.
 - d. lifestyle assessment.

14. REBT is based on the idea that we become emotionally disturbed because:
 - a. others indoctrinate us with irrational ideas.
 - b. we tend to keep indoctrinating ourselves with irrational beliefs.
 - c. others withdraw their love if we do not think as they do.
 - d. both (a) and (c)

15. In working with a client from an existential perspective, the goals of therapy would likely be:
 - a. reliving the client's early childhood through the transference relationship.
 - b. increasing awareness and the potential for choice.
 - c. to facilitate doing family of origin work.
 - d. complete restructuring of his or her personality.

16. Which of the following is not true of Gestalt therapy?
 - a. It can be applied to group counselling.
 - b. It emphasizes the use of experiments.
 - c. It is founded in field theory.
 - d. The focus is on the past.

17. The view of human nature underlying reality therapy is that:
 - a. we have a need for survival.
 - b. we have the need for love and belonging.
 - c. we have a need for power.
 - d. all the above.

18. Which of the following procedures would a reality therapist be least likely to employ?
- self-help procedures.
 - the use of humor.
 - Homework assignment.
 - Asking a client to emotionally re-experience a childhood experience.
19. A major contribution of Bowen's theory is the notion of:
- birth order as a determinant of personality.
 - differentiation of the self.
 - family rules and communication patterns.
 - Spontaneity, creativity, and play as therapeutic factors in family therapy.
20. The concept of triangulation is most associated with:
- Virginia Satir.
 - Murray Bowen.
 - Carl Whitaker.
 - Rudolf Dreikurs.

SECTION B: COMPULSORY

Question 1(30 marks)

- I. You have been recurrently promoted to the post of senior guidance and counselling teacher to work in a high school with socio-economically disadvantaged students. What theoretical orientation would you use that would most likely enable for students to feel accepted and valued? (2 marks).
- II. Justify your choice of the theoretical orientation in I . (3 marks)
- III. Discuss the identified theoretical orientation's key concepts regarding: the major theorist, views of human nature, role of counsellor, goal (s) for therapy , intervention process and techniques, multicultural and gender-sensitive issues, strengths and limitations of the theory in the school context (25 marks). The allocation of marks is as follows:
 - the major theorist (2 marks)
 - views of human nature (3 marks)
 - role of counsellor (2 marks)
 - goal (s) for therapy (3 marks)
 - intervention process and techniques (4 marks)
 - multicultural and gender-sensitive (2 marks)
 - strengths and limitations (4 marks)
- IV. Explain how the theoretical orientation identified in I is related to your own life philosophy(5 marks)

SECTION C

Answer ONE (1) question from this section.

Question 1 (30 marks)

Transference and countertransference are both normal occurrences that may arise during the course of the therapeutic relationship. Understanding these occurrences in counselling is important because the primary focus of counselling is the counsellor-client relationship.

- I. Distinguish between transference and countertransference in light of your own training using concrete examples (10 marks). **Note. You will not get any credit for using my examples from class lectures as this is my intellectual property**
- II. How important do you think it is to attend to potential transference in the therapeutic relationship? Why? (5 marks)
- III. How do you use your countertransference to inform your work with clients (5 marks)
- IV. What two (2) personal qualities do you possess which can contribute to you becoming an effective counsellor? (2 marks)
- V. What two (2) personal attributes do you possess which can limit you from becoming an effective counsellor? (2 marks)
- VI. In reviewing basic counselling skills you learnt in class which two would you say you best possess and why? (4 marks)

Question 2 (30 marks)

- I. Reflect on your prescribed text, lectures and assigned readings in this course. What if anything, have you learnt regarding Conventional Counselling Theories and Indigenous Helping Approaches that you did not know about before? Point out what you wished you learned but did not. How beneficial will the knowledge from this course impact the way you will deal with learners or clients in your respective work settings? (20 marks)

- II. Discuss how this course has helped you in the conceptualization of what is means to be in the human service profession with regards to the knowledge and skills you should possess. (10 marks)
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