

UNIVERSITY OF SWAZILAND



FACULTY OF EDUCATION

DEPARTMENT OF EDUCATIONAL FOUNDATIONS AND MANAGEMENT

FINAL EXAMINATIONS PAPER MAY 2019

TITLE OF PAPER: GROUP PROCESS AND DYNAMICS IN GUIDANCE AND COUNSELLING

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 7 PAGES INCLUDING COVER PAGE

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

SECTION A: COMPULSORY

Multiple Choice, True or False Questions (40 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 20 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. A X

1. How was Joseph Pratt important to the evolution of group therapy?
 - a. He was the first to use group treatment with a psychiatric population.
 - b. He was the first to have patients use the group format to converse about difficulties they shared.
 - c. He recognized the social components of physical illness.
 - d. b and c only.

2. What distinguishes group therapy from self-help and support groups?
 - a. Cognitive and affective exploration of the interactions among members.
 - b. Cognitive and affective exploration of the interactions between members and the therapist.
 - c. The promotion of psychological growth and amelioration of psychological problems.
 - d. One or more therapists with specialized training in group therapy.

3. The following orientation often requires that members complete homework assignments between sessions:
 - a. Interpersonal.
 - b. Cognitive-behavioural.
 - c. Existential.
 - d. Object relations.

4. Two approaches that entail a high degree of interaction between the therapist and individual group members are
 - a. Existential and interpersonal.
 - b. Psychodrama and redecision therapy.
 - c. Cognitive-behavioural therapy and psychodynamic therapy.
 - d. Systems therapy and psychodrama.

5. Primary groups are
 - a. preventative and attempt to ward of problems
 - b. always follow a person-centered paradigm
 - c. generally utilized for long-term psychotherapy
 - d. always focused on the client's childhood

6. The best predictor of a prospective member's group behaviour is the person's
 - a. behaviour in the interview.
 - b. performance on psychological tests .
 - c. behaviour in a small group situation.
 - d. all prior methods have equal predictive value.

7. A disadvantage of large group (more than 10 members) is
 - a. opportunities for active individual participation are too limited.
 - b. the group may have difficulty achieving cohesion.
 - c. certain models requiring a multistep session could not be implemented.
 - d. all of the above.

8. Prior to the 1960s most counselling took place
 - a. in a group setting.
 - b. with the entire family present.
 - c. in a dyadic relationship.
 - d. behavior therapy clinics.

9. Hope and acceptance are likely to be primary factors in which type of group?
 - a. A six-session therapy group.
 - b. A long-term, dynamically oriented group.
 - c. A self-help group.
 - d. A support group.

10. Self disclosures by the therapist may hamper the group's work if
 - a. they suggest the therapist has severe psychological problems.
 - b. they involve the expression of intense negative feelings toward one or more members.
 - c. They occur early in the life of the group.
 - d. all of the above .

11. The therapist notes that three of the members of an eight-member group share a yearning to get closer to other members. The therapist is working at what kind of level?
- Individual.
 - Interpersonal.
 - Subgroup.
 - Group as a whole.
12. Of the following psychiatric problems, which has little empirical evidence for the efficacy of group treatments?
- Depression.
 - Grief.
 - Eating disorders.
 - Bipolar disorders.
13. The therapist can do all but which of the following to encourage members to observe confidentiality?
- Downplay the possibility of confidentiality violations.
 - Model confidentiality himself or herself.
 - Provide frequent reminders of the importance of confidentiality.
 - Spell out the consequences of confidentiality violations in the informed consent.
14. Groups can be open or closed. The two differ in that
- open groups are limited to hospital settings.
 - in an open group members socialize between group meetings.
 - closed groups always employ co-leaders .
 - closed groups allow no new members after the group begins.

15. When a group member is speaking, it is best for the counsellor to
- try and face the group member.
 - not face the group member, as this does not appear genuine in a group setting.
 - smile while listening.
 - suppress genuine emotion.
16. Co-leadership is helpful when one leader is experiencing counter-transference.
- True.
 - False.
17. Generally, group cohesion increases steadily over the stages of development.
- True.
 - False.
18. Experts firmly believe that a common weakness in many groups is a lack of goal setting.
- True.
 - False.
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19. Group experts define role conflict as a situation in which there is a discrepancy between the way a member is expected to behave and the way he or she actually behaves.
- True.
 - False.
20. The final stage suggested by theories of group stages generally deals with issues of separation and termination.
- True.
 - False.

SECTION B: COMPULSORY:

Question 1 (30 marks)

Yalom's study of and practice in group therapy led him to identify **eleven (11)** specific factors that lead to significant changes and shifts for group members. Though he was first a skeptic, Yalom became a long-time advocate for group therapy; he believed that group therapy produced specific dynamics that increase healing while challenging the therapist. Group therapists are responsible for fostering a culture of cohesiveness, support, and integration. The interaction between group members provides the engine for change, and the therapist's role is to facilitate that experience.

- a) Outline and briefly discuss any **five (5)** of the therapeutic factors of groups as advocated by Yalom stating how they are important in group experiences (20 marks)
- b) Based on your class lectures and readings for group process and dynamics in counselling and discuss **two (2)** situations when groups may not be helpful to individuals. (4 marks)
- c) Debate any group leadership styles you are familiar with arguing what typically characterizes each style using concrete examples (6 marks)

SECTION C

Answer **ONE (1)** question from this section.

Question 1 (20 marks)

- a) You have been tasked by your school principal to give a presentation to teachers in your school on personal qualities of effective group leaders. Enumerate and explain any **five (5)** personal qualities of effective group leader you would include in your presentation with justification (15 marks)
- b) Humor and jokes are not important aspects of group experience. Justify the validity of the given statement based on your understanding of group process and dynamics. (5 marks)

Question 2 (20 marks)

- a) How would explain distinctions between self-help and therapeutic groups to an undergraduate student 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 hired as a consultant in group work by a Director of Guidance and Guidance Department in the kingdom of Eswatini to facilitate a seminar on group development stages. Outline and discuss the stages you would include in your presentation typically specifying what occurs at each stage. The allocation of marks is as follows:
 - (5 marks)
 - (15 marks)