

UNIVERSITY OF ESWATINI



FACULTY OF EDUCATION

DEPARTMENT OF EDUCATIONAL FOUNDATIONS AND MANAGEMENT

FINAL EXAMINATIONS PAPER NOVEMBER 2019

**TITLE OF PAPER: CONVENTIONAL COUNSELING THEORIES AND
INDIGENOUS HELPING APPROACHES**

COURSE NUMBER: EFM 609

TIME ALLOWED: THREE (3) HOURS

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

- ALL QUESTIONS IN SECTIONS A AND B ARE COMPULSORY.
- CHOOSE ONE (1) QUESTION FROM SECTION C

TOTAL MARK ALLOCATION: 100

**DO NOT OPEN THE QUESTION PAPER 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 booklet provided. Read the following instructions carefully and use the sample below as a guide.

1. This exam section contains 25 multiple choice questions, each worth 2 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. [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. Use of correctional fluid will result in a zero being awarded.**
7. Answer all questions. Your exam score will be based on the number of questions you answer correctly.
8. This examination paper contains 10 pages including cover page.

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. X

1. Diagnosis is an essential treatment procedure for gathering of information about a patient's health conditions and for arriving at a conclusion as to appropriate interventions based on the information gathered. In diagnosis of a patient's health conditions, all expect which of the following is not a process employed by traditional healers?
 - A. Dream interpretation
 - B. Divination
 - C. Physical examination of the patient
 - D. Administration of the herbal mixture

2. Cleansing treatment typifies the holistic nature of African traditional health care delivery because it:
 - A. involves the whole person including body, mind, emotions, and spirit
 - B. takes place in the healer's residence
 - C. involves the cleaning of the head, stomach, and the outer body of the patient
 - D. involves interactions with the family

3. Which statement about counselling is questionable?
 - A. Counselling is inherent in a school
 - B. Counselling is a cooperative endeavor
 - C. Counselling does not involve the principal and other school Personnel
 - D. Counselling enhances the guidance programme, teaching and supervision

4. In using the skill of confronting, a counsellor should avoid
 - A. challenging specific behaviors.
 - B. labeling the person.
 - C. sharing how he or she feels about the person's behaviour.
 - D. all of the above.

5. The counsellor's skill of reflecting
- A. is dependent upon listening and hearing.
 - B. is the skill of conveying one's reaction to what has been said.
 - C. involves using silence in order to consider in depth what a group member has said
 - D. all of the above
6. ... describes the attitude the client hold for a significant past person
- A. Reaction formation
 - B. Transference
 - C. Fixation
 - D. Regression
7. The Psychodynamic structure responsible for the moral side of the Freudian personality is the...
- A. id
 - B. ego
 - C. unconscious
 - D. superego
8. Analysis of transference is central to psychoanalytic approaches because:
- A. it keeps the therapist hidden and thus feeling secure.
 - B. it allows clients to relive their past in therapy.
 - C. it helps clients formulate specific plans to change behavior.
 - D. it is considered the only route to working with unconscious material
9. Adlerian psychology differs from Freud's ideas in that Alder believes...
- A. human behaviour is determined by genetic endowment
 - 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

10. Neurotic behaviour occurs in the Adlerian framework because of ...
- A. unfavourable birth order
 - B. unconscious memories
 - C. sexual drives
 - D. faculty fictional goals
11. In the process of Behavioural counselling, the main concern is to help the client analyze behaviour, define problems, and, most importantly, to...
- A. listen effectively
 - B. select goals
 - C. be empathic
 - D. understand past behaviour
12. Of the following, which is NOT one of the major components of behaviour approach to counselling?
- A. operant conditioning
 - B. classical conditioning
 - C. respondent conditioning
 - D. paradoxical conditioning
13. Changing behaviour by withholding reinforcement is called...
- A. extinction
 - B. satiation
 - C. shaping
 - D. successive approximation
14. In person-centered counselling when the counsellor accurately senses the client's feelings and personal meaning, the counsellor is displaying...
- A. empathy
 - B. congruency
 - C. genuineness
 - D. concreteness

15. The basic goal of the Person- centered approach is to ...
- A. provide a climate of safety and freedom
 - B. provide for ways of having irrational thoughts confronted
 - C. get clients to accept reality and commit to change
 - D. remove learned, maladaptive behaviour
16. Existential therapy is best described as:
- A. systematic approach to behavior modification.
 - B. philosophy on which a therapist operates.
 - C. set of techniques designed to change behavior.
 - D. separate school of therapy.
17. Which of the following is not true of the existential concept of aloneness?
- A. it is part of human condition.
 - B. it is a source of strength.
 - C. it is the result of our neurotic fear of intimacy.
 - D. aloneness can be a path to finding one's identity
18. Rational-emotive-behaviour therapy works well with client with disabilities because it...
- A. actively confronts and depropagandizes their self-pitying and self-defeating thoughts and behaviour
 - B. provides lots of social support through techniques such as reparenting
 - C. gently approximates clients with disabilities to new goals of functioning through small, controlled
 - D. responds empathically to their catastrophic problem

19. The role of the R.E.B.T therapist can best be described as ...
- A. didactic and highly directive
 - B. facilitating and accepting
 - C. an I-Thou model of relating
 - D. a blank screen that receives projections
20. According to Albert Ellis, a warm and personal client /therapist relationship is :
- A. necessary but not sufficient, for change to occur
 - B. necessary and sufficient for change to occur
 - C. neither necessary nor sufficient for change to occur
 - D. none of the above
21. Which of the following is true about Control/Reality therapy?
- A. Focusing on and dealing with feelings which bring behavioural changes
 - B. The Client-therapist relationship is of little importance
 - C. The focus on present, effective behaviour for the client
 - D. Excuses must be examined for the dynamic origin
22. Which of the following is emphasized by Control theory/reality therapists?
- A. Relieving the past
 - B. Actualizing behaviour
 - C. Insight
 - D. Changing attitudes
23. According to trait-factor approach to counselling, factors are...
- A. impediments to growth
 - B. constellations of individual characteristics
 - C. co-efficient of the clients degree of maladjustment
 - D. environmental determinism

- 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 3 (20 marks)

Counsellors use core counselling skills to help them better understand and listen to clients. Through active listening, rapport is built, trust forms and the speaker feels heard and understood by the counsellor or listener.

- I. Discuss any four core counselling skills you are familiar with from content covered in class which can enable you effectively assist clients 'in your different work settings (10 marks).
- II. Counsellors are called upon to establish intimate relationships with their clients to show that they really empathize with their presenting issues. Comment on the validity of this statement drawing from your knowledge from this course (2 marks)
- III. What two (2) personal qualities do you possess which can contribute to you becoming an effective counsellor? (2 marks)
- IV. What two (2) personal attributes do you possess which can limit you from becoming an effective counsellor? (2 marks)
- V. In reviewing basic counselling skills you learnt in class which two would you say you best possess and why? (4 marks)

Question 2 (20 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? (15 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. (5 marks).

Note. You will not get any credit for using my examples from class lectures as these are my intellectual property
