

UNIVERSITY OF ESWATINI



FACULTY OF EDUCATION

DEPARTMENT OF EDUCATIONAL FOUNDATIONS AND MANAGEMENT

FINAL EXAMINATIONS PAPER NOVEMBER 2021

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 MARKS ALLOCATION: 100

THIS QUESTION PAPER CONSISTS OF 9 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 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 examination section contains 20 multiple choice questions, each worth 2 points.
2. On the Multiple Choice 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 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 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. 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

2. Which theorist's work has been classified as a preface to the group movement?
 - a. Freud
 - b. Jung
 - c. Jessie B. Davis
 - d. Adler

3. A counsellor is conducting a screening for clients who wish to participate in a counselling group which will meet Tuesday nights at his private practice office. Which would most likely be the poorest choice for a group member
 - a. a shy librarian
 - b. an anxious salesman with no group experience
 - c. an extremely hostile and belligerent construction worker
 - d. a student with 16 hours toward her M.Ed in counselling

4. Which of the following types of groups are typically for skills development and prevention?
 - a. Task Groups
 - b. Psycho-educational Groups
 - c. Counselling Groups
 - d. Therapy Groups

5. These types of groups address personal and interpersonal problems of living, remediate perceptual distortions and dysfunction...
 - a. Task Groups
 - b. Psycho-educational Groups
 - c. Counselling Groups
 - d. Therapy Groups

6. A screening for group members can be done in a group or privately. Although private screening interviews are not as cost effective or as time efficient, many group leaders feel they are superior in as much as private screening sessions...
 - a. intensify transference
 - b. encourage catharsis
 - c. intensify abreaction
 - d. are generally superior in terms of counsellor/client interaction

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. Groups can be open or closed. The two differ in that
 - a. open groups are limited to school settings
 - b. in an open group members can socialize between group meetings
 - c. closed groups always employ co-leaders
 - d. closed groups allow no new members after the group begins

9. A group with more than one leader is said to utilize co-leaders. A co-leadership is desirable because
 - a. the group can go on even if one leader is absent
 - b. two leaders can focus on group dynamics better than one leader
 - c. leaders can process their feelings between sessions
 - d. all of the above

10. Self-disclosures by the therapist may hamper the group's work if
- they suggest the therapist has severe psychological problems
 - they involve the expression of intense negative feelings toward one or more members
 - they occur early in the life of the group.
 - all of the above
11. Most experts would agree that an effective adult counselling group has _____ members.
- 9 to 12
 - 3 to 5
 - 11 to 16
 - 5 or 6 to 8
12. 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
13. The study of group operations is often called...
- group desensitization
 - the hot seat technique
 - group dynamics
 - structuring the group

14. A group member who insists on asking other members inappropriate questions is known as a Peeping Tom or
- an energizer
 - a scapegoat
 - an interrogator
 - a follower
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. The follower goes along with whatever the rest of the group thinks. From a personality standpoint, the follower is
- aggressive
 - assertive
 - practicing excitation
 - nonassertive
17. Cohesiveness, or group unity, is desirable. It promotes bonding and a sense of "wellness" between group members. When cohesiveness is strong, nevertheless, it can be negative as
- it can stunt creativity
 - it can abet conformity
 - a and b
 - it can cause the group to split into factions

18. The final group stage (also called the termination stage) is geared toward
- developing intimacy
 - working through power and control issues
 - exploration
 - breaking away
19. A leader who wishes to stop inappropriate discussion should rely on
- summarization
 - clarification
 - blocking
 - linking
20. When a leader attempts to relate one person's predicament to another person's predicament, it is known as
- summarization
 - clarification
 - blocking
 - linking

SECTION B: COMPULSORY:

Question 2 (40 marks)

Sibongile is a second year student of counselling. She is skeptical about participating in group therapy preferring individual therapy. However, Sibongile believes that she can be convinced to participate in group therapy if given all the benefits of group therapy. Sibongile learnt from another fellow student who recurrently participated in group therapy about how awesome the experience was. This other student believed that group therapy produced specific dynamics that increase healing while challenging the therapist. The student also told Sibongile that the interaction between group members provides the engine for change, and the therapist's role is to facilitate that experience. The other student ended by telling Sibongile that the therapeutic benefit of group therapy was exceptional.

- a) Enumerate and briefly discuss any five (5) therapeutic factors of group therapy you would use to convince Sibongile to take part in the group process stating how they are important in group experiences in each case (30 marks). Allocation of marks as follows:
- Enumeration of any 5 therapeutic factors (5 marks)
 - Briefly discussion of each therapeutic factor and how it is important in group therapy (5 marks each x 5 = 25 marks)
- b) Reflect on the course content, class lectures, Moodle platform discussions, experiential learning exercises and readings for the course Group Process and Dynamics in Counselling debate *two* (2) situations when groups may not be beneficial to individuals (4 marks)
- c) Argue any **three** (3) group leadership styles you are familiar with specifically arguing what certainly characterizes each style giving concrete examples in each case (6 marks)

SECTION C

Answer ONE (1) question from this section.

Question 3 (20 marks)

- a) There are specific personal qualities that an effective group counsellor/leader ought to have to effectively run group therapies. Based on the content from the course Group Process and Dynamics in Counselling, make a presentation to be shared with guidance and counselling teachers from both high and primary schools on effective qualities of a group counsellor/leader. Outline and explain any **five** (5) personal qualities of effective group counsellor/leader you would include in your presentation with justification in each case (15 marks)
- b) Emotional stimulation and executive functional skills are important for every group counsellor/leader to provide to members during group experience. Justify the validity of the given statement based on your understanding of group process and dynamics. (5 marks)

Question 4 (20 marks)

a) Sihle is planning to run a group counselling session for sexually abused young women in a given region, in Eswatini. Sihle has engaged you as an expert in group work to assist in facilitating for this group counselling session. Outline and discuss the group development stages you would suggest for the session to Sihle specifying what occurs at each stage. The allocation of marks is as follows:

- Outlining the different development stages (5 marks)
 - Discussion of each of the development stages (15 marks)
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