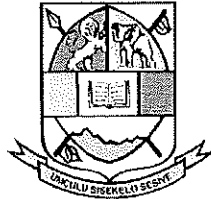


UNIVERSITY OF SWAZILAND



FACULTY OF EDUCATION

DEPARTMENT OF EDUCATIONAL FOUNDATIONS AND MANAGEMENT

FINAL EXAMINATION PAPER APRIL, 2021

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.

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

TOTAL MARK ALLOCATION: 100

THIS EXAMINATION PAPER CONTAINS 10 PAGES INCLUDING THE COVER PAGE.

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

SECTION A: COMPULSORY (40 marks)

Multiple Choice Questions

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 40 multiple choice questions, each worth 1 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 correction 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 include the 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. Which one of the following is not a treatment method, or intervention strategy, employed by traditional health care practitioners?
 - A. physical activity with management of interpersonal relationships.
 - B. use of expectation.
 - C. use of symbolism and enactment.
 - D. herbal infusion with aid of a syringe and needle.

2. Research and practice in traditional health care must be guided by ethical considerations including all except which of the following requirements?
 - A. traditional health care practice should conform to the traditional customary laws and ethics.
 - B. healers should respect the principle of obtaining individual and collective consent in accordance with established procedures.
 - C. treatment should be conducted in a mutually understand and agreed on language.
 - D. research and professional practice in traditional health care must avoid the contentious issue of intellectual property rights.

3. The regalia worn by traditional healer is related to the use of expectation as treatment strategy. Which of the following is not an attribute of the traditional healer's regalia contributing to patient's expectation regarding the capability of the healer?
 - A. indicates the healer is no ordinary person but with elevated status in society.
 - B. indicates the presence of spiritual begins.
 - C. indicates supernatural powers.
 - D. identified with unusual brightly coloured garment.

4. The main reason given for having counselling students receive some form of psychotherapy is to help them to:
 - A. work through early childhood trauma
 - B. learn to deal with countertransference
 - C. recognize and resolve their co-dependent tendencies
 - D. become self-actualized individual

5. 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

6. Which of the following is not a core characteristic of helpful counselling relationships?
 - A. genuineness.
 - B. empathy.
 - C. unconditional positive regard.
 - D. high quality advice giving.

7. The Psychodynamic structure responsible for the moral side of the Freudian personality is the...
- A. id
 - B. ego
 - C. unconscious
 - D. superego
8. With respect to the role of the values of the counselling process, it is most accurate to state that:
- A. counseling can best be considered as teaching and persuading clients to act the right way.
 - B. counselors would do well to maintain an indifferent, neutral, and passive role by simply listening to everything the client reports.
 - C. counselors should avoid challenging the values of their clients.
 - D. counselors avoid imposing their values, but they are likely to expose their values to clients.
9. During psychoanalytic treatment, clients are typically asked:
- A. to monitor their behavior changes by keeping a journal that describes what they feel at home
 - B. to make major changes in their lifestyle
 - C. not to make radical changes in their lifestyle
 - D. none of the above
10. 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 behaviour
 - D. it is considered the only route to working with unconscious material
11. The phenomenological orientation pays attention to the:
- A. way the individuals perceive their world
 - B. manner in which biological and environment forces limit us
 - C. internal dynamics that drives a person
 - D. events that occur at various stages of life
12. Neurotic behaviour occurs in the Adlerian framework because of ...
- A. unfavourable birth order
 - B. unconscious memories
 - C. sexual drives
 - D. faculty fictional goals

13. Adlerian psychology differs from Freud's ideas in that Adler 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.
14. The concept of fictional finalism refers to...
- A. an imagined central goal that guides a person's behaviour
 - B. the hopeless stance that leads to personal defeat
 - C. the manner in which people express their need to belong
 - D. the process of assessing one's style of life
15. 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
16. According to the existentialists, anxiety is generated by
- A. the lack of guarantees in life
 - B. stress in interpersonal relationships
 - C. a neurotic striving to be better than others
 - D. the striving to overcome feeling of inadequacy
17. 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
18. 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
19. In person-centered therapy, transference is
- A. seen as a necessary, but not sufficient, condition of therapy.
 - B. viewed as a core part of the therapeutic process.
 - C. regarded as a neurotic distortion.
 - D. not an essential or significant factor in the therapy process.

20. 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
21. Changing behaviour by withholding reinforcement is called...
- A. extinction
 - B. satiation
 - C. shaping
 - D. successive approximation
22. A behaviour therapist working with the client would most likely:
- A. begin with a compressive assessment.
 - B. put the focus on exploring the past.
 - C. direct attention to the client's nonverbal expressions.
 - D. ask the client to talk to an empty chair.
23. 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
24. 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.
25. REBT stresses:
- A. thinking, critically analyzing, and doing.
 - B. subjectivity, existential anxiety and striving for meaning.
 - C. support, empathy, and personal warmth.
 - D. the I/Thou encounter between client and therapist.
26. Donald Meichenbaum's cognitive behaviour modification is especially designed for:
- A. alleviating symptoms of depression.
 - B. curing clients of phobias.
 - C. coping Skills programs.
 - D. all of the above.

27. In Beck's cognitive therapy, the therapist and client work together to uncover and examine faculty interpretations. The process is known as:
- A. automatic thinking
 - B. collaborative empiricism
 - C. technical empiricism
 - D. therapeutic exploration of self-talk
28. Which of the following is not true of Gestalt therapy?
- A. the focus is on the and how of behaviour
 - B. the focus is on the here and now
 - C. the focus is on integrating fragmented parts of the personality.
 - D. the focus is on the why of behavior
29. According to the Gestalt approach:
- A. awareness is by and of itself therapeutic.
 - B. awareness is not a critical factor
 - C. awareness without specific behavioral change is useless
 - D. awareness consists of understanding the origin of one's problems
30. The Gestalt approach can be applied to
- A. individual counselling
 - B. group counselling
 - C. school and classroom situation
 - D. all of the above
31. What is a limitation(s) of Gestalt therapy as it applies to working with culturally diverse populations?
- A. clients who have been culturally conditioned to be emotionally reserved might not see value in experiential techniques.
 - B. clients maybe "put off" by a focus on catharsis.
 - C. clients maybe looking for specific advice of solving practical problems.
 - D. all of the above.
32. Enactment is a strategy Gestaltists use with...
- A. bi-polar role play
 - B. redecision
 - C. flooding
 - D. paradoxical intention
33. What is the Control theory/ Reality therapy view of the medical model or disease model?
- A. a useful way to understand psychopathology.
 - B. a useful tool to make diagnosis.
 - C. an excellent psychological treatment model.
 - D. a disease model is appropriate only to psychotic behavior.

34. Which of the following is true about Control/ Reality therapy?
- A. focusing on and dealing with feelings which bring behavioral changes.
 - B. the client-therapist relationship is of little importance.
 - C. the focus on present, effective behavior for the client.
 - D. excuses must be examined for the dynamic origin.
35. Which of the following is a major component of the Trait and Factor approach?
- A. figure-ground.
 - B. archetypes.
 - C. operant conditioning.
 - D. none of the above.
36. Which of the following best sums up the goals of trait-factor counselling?
- A. insight.
 - B. rapport.
 - C. understanding.
 - D. transcendence
37. Trait and factor counselling has developed from an essentially... viewpoint
- A. vocational/ educational.
 - B. behavioral.
 - C. industrial.
 - D. mental health.
38. According to trait-factor approach to counselling, factors are...
- A. impediments to growth
 - B. constellations of individual characteristics
 - C. co-efficient of the client's degree of maladjustment
 - D. environmental determinism
39. Enactment is a strategy Gestaltists use with...
- A. bi-polar role play
 - B. redecision
 - C. flooding
 - D. paradoxical intention
40. Which of these solution-focused therapy techniques involve asking clients to describe life without the problem?
- A. pre-therapy change
 - B. miracle question
 - C. scaling questions
 - D. exception question

SECTION B: COMPULSORY

Question 1(40 marks)

- I. A counsellor trainee believes in the use of Person- centered therapy to help clients. Discuss the Person -centered therapy's key concepts regarding: Major theorists, views of human nature, role of counselor/therapist, goals, intervention process and techniques, multicultural and gender-sensitive issues, strengths and contributions as well as the limitations and criticism of the therapy. (20 marks). The allocation of marks is as follows:
 - the major theorists (2 marks)
 - views of human nature (3 marks)
 - role (s) of counsellor (2 marks)
 - goal (s) for therapy (3 marks)
 - intervention process and techniques (4 marks)
 - multicultural and gender -sensitivity (2 marks)
 - strength and limitations (4 marks)
- II. Justify how the Person-centered therapy can be useful in the in assisting clients in Eswatini school contexts. (5 marks)
- III. As a guidance and counselling teacher in training discuss any specific (5) attributes you possess which can enhance your assisting clients in your respective school settings (10 marks)

SECTION C

Answer ONE (1) question from this section.

Question 2 (20 marks)

- I. Confidentiality is a key aspect of counselling relationships. Justify why it is important for counsellors to observe confidentiality in counseling. (4 marks)
- II. Identify and explain with examples three circumstances where confidentiality may need to be broken. (16 marks). **Note. You will not get any credit for using my examples from class lectures and notes as these are my intellectual property**

Question 3 (20 marks)

- I. You have been tasked by the Director for Guidance and Counselling in the Ministry of Education and Training to make a presentation and demonstrate to a group of guidance teachers' micro skills in individual counselling what would you include in your presentation and why? (20 marks). **Note. You will not get any credit for using my examples from class lectures and notes as these are my intellectual property**

Question 4

- I. Reflect on your prescribed text, lectures and assigned reading in this course. What would you share with a colleague interested in enrolling for this course regarding what you have learnt about the course? What did you wish to learn which you did not? What did you like the most about the course? Discuss what you dislike about the course also. How beneficial will the knowledge from this course impact the way you will deal with clients in your different work setting (15 marks).
- II. Analyze how this course has helped you in the understanding of what it means to be in the human service profession with reference to the knowledge and skills you are expected to possess (5 marks). **Note. You will not get any credit for using my examples from class lectures and notes as these are my intellectual property**