

UNIVERSITY OF SWAZILAND

FACULTY OF HEALTH SCIENCES

FINAL EXAMINATION

MAY 2014

COURSE TITLE: INTRODUCTION TO COUNSELING

COURSE CODE: HSC206

TIME ALLOWED: 2 HOURS

TOTAL MARKS: 75

- INSTRUCTIONS:**
- 1. ANSWER ALL QUESTIONS.**
 - 2. READ QUESTIONS CAREFULLY.**
 - 3. SECTION A HAS MULTIPLE CHOICE QUESTIONS WHICH CARRY 1 MARK EACH.**
 - 4. SECTION B HAS ESSAY QUESTIONS.**
 - 5. WRITE CLEARLY.**

DO NOT OPEN THE PAPER UNTIL PERMISSION IS GRANTED BY THE INVIGILATOR!

SECTION A:

QUESTION 1

Choose the **BEST** answer and write the corresponding **LETTER** only; e.g. 1.1 = A

- 1.1. What does slumping in your chair or sitting at the edge project?
- A. That something is itching and you would want to scratch.
 - B. The message that the client should feel free to imitate you.
 - C. The message that you are not in the mood for consultation.
 - D. It is way of creating good rapport
- 1.2. This notion is key one in the whole process of learning to become, and remain a skillful and effective counselor
- A. Self-awareness
 - B. Noticing
 - C. Transference
 - D. Determinism
- 1.3. Transactional-analysis approach this contains the objective, thinking, rational and logical ability to deal with reality.
- A. Adult ego state
 - B. Parent ego state
 - C. Child ego state
 - D. Husband ego state
- 1.4. The following are the aspects of self **EXCEPT**
- A. The private self - the hidden part that will be revealed slowly
 - B. financial self - how we spend our money
 - C. Spiritual self - that part which is concerned with search for personal meaning
 - D. Self as defined by others or how others see us
- 1.5 Informative counseling can be applied in the following situations **EXCEPT**
- A. Informing about death of a beloved one.
 - B. Giving results e.g. blood results.
 - C. In drug adherence counseling: e.g. ART.
 - D. Information about the disadvantages of smoking.
- 1.6 In the health care practice the psychodynamic approach in counseling can be applied to the following situations **EXCEPT**
- A. Helping with long term emotional problems.
 - B. Coping with anxiety
 - C. Helping the client who talks of having had an unhappy childhood
 - D. Helping a person who has multiple problems

1.7 It is important to consider the following for establishing rapport during counseling.

- i. Introduce yourself to the patient
 - ii. Keep language appropriate and understandable
 - iii. Provide emotional support by e.g. saying 'you are safe now'
 - iv. Give the patient a drink or something to eat
- A. iii, i
 - B. ii, i, iv
 - C. ii, i, iii
 - D. ii, iv, iii

1.8 Which of these statements best describe the biomedical model of communication?

- i. This is the old way used in clinical assessment, diagnosis and management
 - ii. It places the health care professional in the expert role i.e. they alone have the answer
 - iii. It allows analysing the patient in terms of three main spheres i.e. Clinical, individual and contextual.
 - iv. The clients concerns, desires, expectations on understanding the disease are less important
- A. i, ii, iii
 - B. ii, iii, iv
 - C. iii, iv, i
 - D. iv, i, ii

1.9 The gestalt-therapy approach of counseling can be applied in the following situations

- i. Helping the client who bottles up
 - ii. For those coping with problems of self- image and self-confidence
 - iii. Suitable for the Collectivist cultures
 - iv. Suitable in individualist culture
- A. i, iv, iii
 - B. iii, ii, iv
 - C. iii, ii, i
 - D. iv, i, ii

1.10 Which questions should one consider before engaging in a counseling relationship?

- i. Am I the appropriate person to do the counseling?
 - ii. Does the client have a genuine problem which needs counseling?
 - iii. Will I have the patient's permission?
 - iv. Do I have adequate time to do the counseling?
- A. i, ii, iii
 - B. iii, ii, iv
 - C. iii, iv, i
 - D. iv, i, ii

1.11 Choose an open ended question from the questions below

- A. Are you married?
- B. Did you eat breakfast before coming for today's session?
- C. Are you from a polygamous family?
- D. How did you feel when you discovered that your husband was having an affair?

1.12 During this stage of grief, the person comes to terms with the loss and life becomes normal to some degree.

- A. Self-reflection
- B. Acceptance.
- C. Counter-transference
- D. Bargaining

Question 1.13 to 1.18 select the correct answer from A to F and match with the statements in the middle column. e.g. 1.12= A

1.13	The belief that one's culture is more superior to others.	A. The client holds the best solutions to his/her problems, and the role of the counsellor is to help the client unlock those solutions.
1.14	All people need opportunity to express their feeling, whether they are negative or positive.	B. the individualist culture
1.15	Barrier in therapeutic communication	C. Acceptance creates honesty
1.16	When something similar to a past experience happens, it stimulates anxiety because we are unconsciously reminded of the past.	D. Ethnocentrism
1.17	Client self-determination	E. Psychodynamic approach
1.18	values self-esteem, self-motivation and self-development	F. Inattentive listening on the part of the health care provider

Questions 1.19 and 1.20 refer to the scenario below.

Scenario

A 32 year old male patient on Antiretroviral (ARVs) drugs is admitted to the medical ward severely ill. The health history revealed that he often forgot to take his ARVs especially when he was drunk. He underwent preparatory sessions before commencement of ARVs, but could only adhere to his therapy for about six months according to his mother who is staying with him now after his wife deserted him. He however, has responded to treatment and will be ready for discharge soon, and needs adherence counselling before discharge.

1.19 How would you assist the client with his adherence problem?

- A. Re-educate the client and educate his mother to become his treatment supporter.
- B. If you have done some investigations and the results are non-conclusive, there is no need for adherence counseling.
- C. Advise the client to negotiate with his wife to come back and stay with him.
- D. Advise the client to take his drugs as he will be drinking his glass of beer in order not to forget his ARVs

1.20 For a patient who is on ART, what would trigger the health care provider's concern about adherence?

- A. The patient's condition.
- B. Missed or late visits.
- C. Participation in a support group.
- D. The mood of the client.

Questions 1.21 - 1.25 are TRUE or FALSE questions, Write T or F to indicate the correct answer.

- 1.21 Having a clear understanding of your thoughts and, behavior patterns helps you understand other people.
- 1.22 In Counseling, it is best to automatically compare the client's experience with your own experience in order to give him the right advice.
- 1.23 When something similar to a past experience happens, it stimulates anxiety because we are unconsciously reminded of the past.
- 1.24 A person with assertive communication style has difficulty in seeing other's point of view.
- 1.25 Confrontation in counseling should not be applied when breaking bad, shocking news.

25MARKS

SECTION B

2.1 Discuss the qualities of good and effective counsellor. (10Marks)

2.2 Discuss how you would apply the fundamental values of counseling and psychotherapy during a counseling session. (9 Marks)

Scenario:

Mr and Mrs Nkhonyane have been married for thirty years. To the outside world their marriage seems to be happy one because Mr Nkhonyane covers up for his wife who bits up and verbally abuses him. She goes out drinking and at times goes to the extent of bringing boyfriends home. Mr Nkhonyane frequently visits the health centre with painful legs and shoulders which seems not to be getting well. He also has abdominal pain on and off. He does not discuss his problems with any one, does not trust anybody including his family members and has an inferiority complex. His printing business is closing down since he has fired the top managers accusing them disloyalty.

2.3 With reference to the above scenario, discuss the effects of bottling up emotions. (6 Marks)

25 MARKS

3.1 Discuss 5 essential life skills for personal development. (5Marks)

3.2 compare and contrast the psychodynamic approach to counseling and the gestalt-therapy approach. (10 Marks)

Scenario

A 28 year old lady, who has been recently employed on a managerial post, comes to the hospital for routine examination. During the examination, the nurse palpates a lump in her left breast. The client states that the lump is not painful at the moment and she thinks that it doesn't hold any immediate danger, and she was more concerned about her new job. The nurse explained that though it seemed harmless at present, it could be problematic later, and suggested to refer her to the doctor for needle biopsy. She later comes back to the nurse with results which state that she has early cancer of the breast and has been scheduled for mastectomy. The new employer is willing to sponsor her for the surgery.

3.3 How would the nurse apply the phases of counseling to assist this client? (10Marks)

25 MARKS

!!GOOD LUCK!!