

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
GENERAL NURSING SCIENCE DEPARTMENT

RE-SIT EXAMINATION

JUNE 2017

COURSE NAME: INTRODUCTION TO COUNSELING

COURSE CODE: GNS 210

TOTAL MARKS: 75

ALLOCATED TIME: 2 HOURS

TOTAL NUMBER OF PAGES INCLUDING COVER PAGE: 2

INSTRUCTIONS:

- ANSWER ALL QUESTIONS
- EACH QUESTION CARRIES 25 MARKS
- ANSWER EACH QUESTION ON A NEW PAGE
- WRITE CLEARLY

DO NOT OPEN THE PAPER UNTIL INSTRUCTED BY THE INVILIGATOR

QUESTION 1 (Total= 25 marks)

- 1.1 Describe phatic communication, and how it can negatively affect the counseling relationship? (5) .
- 1.2 Compare and contrast the psychodynamic and the gestalt theories of counselling focusing on the:
- 1.2.1 Major principles, (4)
 - 1.2.2 Therapy process, (8)
 - 1.2.3 Requisite Therapist's Behavior (6)
 - 1.2.4 Limitations of the theory in counselling. (2)

QUESTION 2 (Total= 25 marks)

Lihle (21 years old) and Melizwi (25 years old) are both university students studying environmental health. Melizwi is in the SRC, so he is famous in campus. Unfortunately, he has violent tendencies and he has physically violated Lihle at least three times. The last time Lihle had to be admitted after she sustained ribs' fractures and hemothorax. Lihle being your colleague, and trusting you as a nurse approached you just to talk about her relationship with Melizwi.

- 2.1 During counseling, Lihle expressed a variety of emotions ranging from fear, anger, to helplessness. Outline how you may help Lihle effectively express her emotions? (5)
- 2.2 Discuss the basic principles of counseling according to Burnard (2013) and how you can apply these in helping Lihle? (20)

QUESTION 3 (Total = 25)

- 3.1 Discuss the five Guiding principles for HTC (HIV Testing and Counseling) as adopted by the Kingdom of Swaziland. (15)
- 3.2 Explain the ethical principles of counseling and psychotherapy. (10)

END OF PAPER: GOOD LUCK!!