

**UNIVERSITY OF SWAZILAND**  
**FACULTY OF HEALTH SCIENCES**  
**GENERAL NURSING SCIENCE DEPARTMENT**

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**FINAL EXAMINATION**

**MAY 2018**

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 INVIGILATOR**

**QUESTION 1 (Total=25 marks)**

- 1.1 Mangaliso is a 24 years old clerk who has recently been dumped by his girlfriend. When he asked about the reasons for ending this relationship, she simply told him that they don't see eye to eye, and she cannot stand how he manipulates issues and twists reality to suit his insecurities. Mangaliso comes to you for help, and anxious after receiving such feedback.

Having learned about cognitive patterns, explain to Mangaliso how individuals often distort reality, giving examples for further clarification. (15)

- 1.2 Identify the features that **MUST** be avoided in a counseling session, and explain how these can affect the relationship or the process. (10)

**QUESTION 2 (Total= 25 marks)**

Lihle (21) and Melizwi (25) are both university students studying environmental health. Melizwi is in the SRC, so he is famous in campus. Unfortunately, he has violent tendencies especially after drinking, 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 = 25marks)**

- 3.1.1 Describe the four styles of communication and how these may influence the counseling process (13)

- 3.2 Veli (38) and Zandi (28) are engaged to marry. Zandi is widowed with two children and Veli has been a player (with several girlfriends and one night stands) almost all his life. He has 4 children from 3 mothers. They have been seeing each other for 3 years now and they are both convinced that they are ready to marry and recreate their

family. They both wish and agree to have at least one child from this union. With your understanding of counseling couples:

Discuss Four (4) specific couple counseling skills and attributes that the counselor should consider when working with this couple. (12)

**GOOD LUCK!!!**

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