

UNIVERSITY OF ESWATINI



**FACULTY OF HEALTH SCIENCES
DEPARTMENT OF COMMUNITY HEALTH NURSING SCIENCE
FINAL EXAMINATION
NOVEMBER 2021**

COURSE TITLE: DRUG AND ALCOHOL COUNSELLING

COURSE CODE: CHN412

TIME ALLOCATED: 2 HOURS

TOTAL MARKS ALLOCATED: 75

INSTRUCTIONS:

- 1. PLEASE ANSWER ALL QUESTIONS**
- 2. USE THE PROVIDED ANSWER BOOKLET FOR ALL YOUR ANSWERS**
- 3. START A NEW QUESTION IN A NEW PAGE**
- 4. MAKE SURE THAT ALL YOUR ANSWERS ARE NUMBERED CORRECTLY**

QUESTION 1

Determine whether the following statements are True or False. In your answer book, please write the question number and your response. e.g. 1. F (11 Marks)

1. ___ Use of crack cocaine by a pregnant woman always adversely affects the developing foetus.
2. ___ Regular use of stimulants can result in tolerance and dependence on the drugs.
3. ___ Amphetamines have been used as appetite suppressants.
4. ___ Compared to all other drugs, caffeine can produce the most variable reactions in people.
5. ___ Amphetamines are naturally occurring drugs that induce feelings of elation and vigour and can reduce fatigue.
6. ___ Stimulants are produced only in a laboratory.
7. ___ Negative reinforcement is involved in the continuance of drug use because drugs often provide escape from pain, stress, panic, and so on.
8. ___ Research with both animals and humans indicates that a contributory actor to substance abuse in general is a person's genes, although not one particular gene.
9. ___ The media and parental influences have no effect on adolescent drug use; it is solely a peer pressure factor.
10. ___ The expectancy effect is illustrated when a person who expects to be less inhibited when drinking alcohol is given a placebo and acts or feels normally.
11. ___ To some extent, all psychoactive drugs provide a pleasurable experience, creating positive reinforcement.

A.2 Complete using the correct word writing the number with the corresponding word, e.g. 12. Cognitive therapy (7 marks).

12. The goal of a relapse prevention programme is _____
13. The phase of termination in substance and alcohol use counselling should be discussed during _____ to avoid acting angry or as if the problem has not been resolved by the patient
14. The three treatments targeting psychological factors in drug and alcohol abuse counselling includes: _____, _____ and _____ to change thoughts, feelings, and behaviours.
15. The treatments targeting social factors includes _____ and _____ to decrease family conflict and increase social support for the individual suffering from substance use disorder.

A.3 Match the corresponding active listening used in counselling, writing the number with the corresponding alphabet e.g 19. A (7marks).

Activity in counselling	Counselling technique
19. "You appear tense", "are you uncomfortable?"	A. Attending
20. "You're saying you no longer enjoy going to work, tell me more about that"	B. Reflecting
21. Client: "When I hung up the phone, I felt devastated, realising I will never be able to talk to her again." "Counsellor: "I hear you were completely devastated after dropping the phone."	C. Non verbal communication skills
22. Use of visual eye contact, vocal, verbal tracking and body language	D. Unconditional positive regard
23. Valuing a person and accepting them as a unique individual	E. Listening to non-verbal communication
24. That sounds as if your feelings are hurt	F. Confrontation
25. "Your words say ... but your actions say"	G. Probing

(Sub-total 25 marks)

QUESTION 2

1. Discuss five reasons for assessment in the practice of drug and alcohol counselling (**10 marks**).
2. Identify five (5) counselling skills that can be used in the process of drug and alcohol counselling. For each skill explain how it can advance the process of drug and alcohol counselling (**10 marks**).
3. Describe the concept of therapeutic communication and discuss the importance of communication in counselling. (**3 marks**).
4. Give an example of focusing and state why you would use it in counselling? (**2 marks**).

(Sub-total 25 marks)

QUESTION 3

1. Give an example of summarising and state why you would use it in counselling. (2 marks)
2. Describe two actions that a counsellor could do to bring the counselling session to therapeutic closure. Explain why he would do this. 1 mark for each action and 2 marks for explanation of the action done (6Marks)
3. Describe the main three components of a therapeutic relationship according to Carl Rogers and their importance in counselling (6 Marks)
4. What is motivational interview and why is it important in clients with drug and alcohol problem (2 Marks)
5. Describe three (3) personal qualities of an effective counsellor (9 Marks)

(Sub-total 25 marks)