

UNIVERSITY OF SWAZILAND



FACULTY OF EDUCATION

DEPARTMENT OF EDUCATIONAL FOUNDATIONS AND MANAGEMENT

FINAL EXAMINATIONS PAPER DECEMBER 2015

TITLE OF PAPER: CONVENTIONAL COUNSELING 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.

SECTION A AND B ARE COMPULSORY. CHOOSE ONE
QUESTION FROM SECTION C.

TOTAL MARK ALLOCATION: 100

Do not open the question paper until told to do so by the chief invigilator

SECTION A: COMPULSORY

Multiple Choice Questions

INSTRUCTIONS

You are to write all your answers in your exam booklet provided. Read the following instructions carefully and use the sample below as a guide.

1. This exam section contains 50 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.**
7. Answer all questions. Your exam score will be based on the number of questions you answer correctly. There is no penalty for guessing.

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. ☒ A 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. Cleansing treatment typifies the holistic nature of African traditional health care delivery because it:
 - A. involves the whole person including body, mind, emotions, and spirit.
 - B. takes place in the healer's residence.
 - C. involves the cleaning of the head, stomach, and the outer body of the patient.
 - D. involves interactions with the family.
3. 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.
4. 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 beings.
 - C. indicates supernatural powers.
 - D. identified with unusual brightly coloured garment.

5. According to the text _____ includes taking responsibility and preventing burnout.
- A. becoming an effective multicultural counselor
 - B. staying alive as a person and as a professional
 - C. dealing with our anxieties
 - D. tolerating ambiguity.
6. Which of the following is not considered an essential skill of the culturally effective counselor?
- A. being able to modify techniques to accommodate cultural differences.
 - B. being able to send and receive both verbal and nonverbal messages accurately.
 - C. being able to get clients to intensify their feelings by helping them to vividly re-experience early childhood events.
 - D. assuming the role of consultant and change agent.
7. The main reason given for having counseling 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.
8. The best predictor of the outcome of counseling is:
- A. the skills of the counselor.
 - B. the theory used by the counselor.
 - C. the quality of the relationship between the counselor and the client.
 - D. how hard the client works in counseling.
9. Which of the following is not a core characteristic of helpful counseling relationships?
- A. genuineness.
 - B. empathy.
 - C. unconditional positive regard.
 - D. high quality advice giving.

10. With respect to the role of the values of the counseling 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.
11. 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.
12. Countertransference refers to the:
- A. irrational reactions clients have towards their therapists.
 - B. irrational reactions therapists have towards their clients.
 - C. projections of clients.
 - D. client's need to be special in the therapist's eyes.
13. _____ describes the attitude the client holds for a significant past person.
- A. reaction formation.
 - B. transference.
 - C. fixation.
 - D. free association.
14. 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 behavior.
 - D. it is considered the only route to working with unconscious material.

15. How does the ego-defense mechanism of identification help a person cope with anxiety?
- A. it protects them from a sense of being a failure.
 - B. it helps explain away bruised ego.
 - C. it enhances the feeling of self-worth.
 - D. both (a) and (c).
16. Which of the following ego-defense mechanisms is a way of negating a disapproving thought or behavior?
- A. Compensation.
 - B. Repression.
 - C. Identification.
 - D. Displacement.
17. According to Freud, unconscious motivation is evidenced in all the following except ...
- A. slips of the tongue.
 - B. accidents.
 - C. jokes.
 - D. wet dreams.
18. 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.
19. Adlerian psychology differs from Freud's ideas in that Adler believes...
- A. human behavior 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.
20. Which of the following is not an aspect of the therapeutic process in the Adlerian counseling?
- A. identifying mistaken goals.
 - B. exploring faulty assumptions.
 - C. reeducation of the client toward constructive goals.
 - D. psychological testing.

21. The concept of fictional finalism refers to...
- A. an imagined central goal that guides a person's behavior.
 - 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.
22. 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.
23. Which of the following is not true of the existential concept of aloneness?
- A. it is part of human condition.
 - B. it is a source of strength.
 - C. it is the result of our neurotic fear of intimacy.
 - D. aloneness can be a path to finding one's identity.
24. 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.
25. Guilt and anxiety are viewed as:
- A. behaviors those are unrealistic.
 - B. the result of traumatic situations.
 - C. conditions that should be removed or cured.
 - D. none of the above.
26. Unconditional positive regards refers to:
- A. Feeling a sense of liking for the client.
 - B. Accepting clients as worthy persons.
 - C. Accepting client's point of view.
 - D. Agreeing with the client's values.

27. Congruence refers to the therapist's :
- A. genuineness.
 - B. empathy for clients.
 - C. positive regard.
 - D. respect for clients.
28. 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.
29. The current formulation of the person-centered therapy:
- A. stresses the role of cognitive factors in therapy.
 - B. encourages an eclectic spirit in using a wider variety of methods
 - C. allows the therapist greater freedom to participate more actively in the relationship.
 - D. both (b) and (c)
30. If your client wanted to change behavior such as learning to control smoking, drinking, or eating which behavioral technique would be most appropriate to employ?
- A. systematic desensitization.
 - B. self-management.
 - C. assertion Training.
 - D. modeling.
31. A behavior therapists 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.

32. In the ABC model used in Cognitive-Behavioral Theory, counselors work with clients to change:
- A. A = the Activating Events that are causing someone problems.
 - B. B = the Beliefs or Self-Talk associated with the event.
 - C. C = the Consequences or Outcomes of the event by changing feelings and behaviors.
 - D. whichever of the above is most applicable to the specific situation.
33. 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.
34. 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.
35. Donald Meichenbaum's cognitive behavior modification is especially designed for:
- A. alleviating symptoms of depression.
 - B. curing clients of phobias.
 - C. coping Skills programs.
 - D. all of the above.
36. In Beck's cognitive therapy, the therapist and client work together to uncover and examine faulty interpretations. The process is known as:
- A. automatic thinking.
 - B. collaborative empiricism.
 - C. technical empiricism.
 - D. therapeutic exploration of self-talk.
37. REBT stresses that human beings:
- A. think, emote, and behave simultaneously.
 - B. think without emoting.
 - C. emote without thinking.
 - D. behave without emoting or thinking.

38. Which of the following is not true of Gestalt therapy?
- A. the focus is on the and how of behavior.
 - 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.
39. 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.
40. The Gestalt approach can be applied to
- A. individual counseling.
 - B. group counseling.
 - C. school and classroom situation
 - D. all of the above.
41. What is a limitation(s) of Gestalt therapy as it is 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.
42. Which of the following is emphasized by Control theory/ Reality therapist?
- A. relieving the past.
 - B. actualizing behavior
 - C. insight.
 - D. changing attitude.
43. 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.

44. 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.
45. 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.
46. Which of the following best sums up the goals of tract-fact counseling?
- A. insight.
 - B. rapport.
 - C. understanding.
 - D. transcendence
47. Tract and factor counseling has developed from an essentially... viewpoint
- A. vocational/ educational.
 - B. behavioral.
 - C. industrial.
 - D. mental health.
48. All of the following are techniques commonly used in solution focused therapy except for
- A. exception questions.
 - B. scaling questions.
 - C. miracle question.
 - D. functional assessment.
49. 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.

50. A university student receives a "D" grade in her first chemistry test. She concludes that she is incompetent at science and decides to never take another science course, because she would fail it anyway. This is an example of:
- A. homeostasis.
 - B. overgeneralization.
 - C. personalization.
 - D. unconscious beliefs.

SECTION B: COMPULSORY

Question 1(30 marks)

- I. A counselor trainee believes in the use of cognitive-Behavioral therapy to help clients. Discuss the Cognitive-Behavioral 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. (25marks)
- II. Explain how Cognitive- Behavioral therapy can be useful in the Swaziland school context. (5 marks)

SECTION C

Answer ONE (1) question from this section.

Question 1 (20 marks)

- I. Confidentiality is a key aspect of counseling relationships. Justify why it is important for counselors to observe confidentiality in counseling. (4 marks)
- II. Identify and explain with examples three circumstances where confidentiality may need to be broken. (16 marks).

Question 2 (20 marks)

- I. Having passion for helping people is important but not necessarily the only vital aspect for an ideal counselor. Outline and discuss six (6) characteristics of an effective counselor. (18 marks)
- II. What two (2) personal attributes do you possess which can contribute and limit you from becoming an effective counselor? (2 marks)

Question 3 (20 marks)

- I. Supposing the Director for Guidance and Counseling in the Ministry of Education and Training asked you to make a presentation and explain to a group of guidance teachers skills in individual counseling what would you include in your presentation? (20 marks)