

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

FINAL EXAMINATION

MAY 2019

COURSE: INTRODUCTION TO COUNSELLING
COURSE CODE: GNS210
DURATION: 2 HOURS
TOTAL MARKS: 75
PAGES: 3 pages (excluding cover page)

INSTRUCTIONS:

- ANSWER ALL QUESTIONS
- EACH VALID POINT IS WORTH 1 MARK
- WRITE CLEARLY

DO NOT OPEN THE PAPER UNTIL INSTRUCTED BY THE INVIGILATOR TO DO SO.

QUESTION 1: Match the following statements with the appropriate response. Eg. 26. A

	STATEMENT	ANSWERS
1	This approach holds that Individuals form meaningful wholes or patterns of their experiences and their needs determine which parts become essential and the focus of therapy is on the present, the here and now, rather the history or original cause of the problem.	A. Arbitrary Inference B. Catharsis C. Vicarious Trauma
2	It holds that everyone has an innate capacity to grow emotionally and psychologically with the goal to reach self-actualization and personal fulfillment.	D. Euphemisms E. Empathy
3	Both the counselor and the counselee have to be clear, explicit, transparent to understand each other	F. Experiential
4	Moses lost his wife 10 years ago but still goes to the grave every evening after work to talk to his wife, and has kept all her clothes.	G. Eclectic Approach H. Gestalt
5	As Maggie explains her domestic issue, the counselor ignores everything she says and focuses only on the 'juicy stuff' because it is interesting to her	I. Complicated grief
6	The aim of this approach is to assist clients identify the relationship games they play with others and to learn to operate on the adult to adult state.	J. Cognitive- Behavioral Approach
7	This intervention assists clients to face reality by focusing the discussion to the present rather than reminiscing about the past.	K. Paralanguage
8	The counselor or therapist uses a range of behavior modification techniques to teach clients skills on how to effectively manage their lives.	L. Proxemics M. Immediacy
9	In this zone, the counsellor fully listens to the to the client, paying attention to all verbal and non-verbal cues	N. Psychodynamic approach
10	Mavela has been living in an abusive relationship and because of cultural beliefs and expectations, he couldn't express his feelings. Now with all the repressed anger and resentment, he just wants lash out. Which intervention would be appropriate for him?	O. Humanistic Approach P. Concreteness
11	While the client is relating his issue, the counselor is distracted and is busy thinking about his bills.	Q. Attention in
12	Refers to a shared relationship or bond between the client and the counselor.	R. Selective abstraction
13	During therapy, Moses revives the emotions and attitudes he has towards his father, and directs them towards the therapist	S. Transference
14	Communication to create an atmosphere and sociability rather than sharing information or serious business.	T. Transactional-Analysis Approach
15	The counselor-counselee relationship is neither directive nor non-directive	U. Attention out
16	Sister Makhanya has the ability to understand the client's suffering and how he actually feels and can communicate this understanding to him.	V. Phatic
17	The purpose of this approach is to make the client conscious of the unconscious material and to restructure personality to attain	W. Chronemics

	an equilibrium	
18	Sr. Mazibuko observes not only the non-verbal cues, but also the pitch, the tone, volume, pronunciation, fluency and the rate of speech.	X. Kinesics
19	Having gone through domestic violence herself, Sheila is more empathic to survivors. What kind of knowledge does Sheila exhibit?	Y. Mutuality
20	Seeing Mrs Zondo with bruises on her face and upper arms, the counselor jumped to the conclusion that she was battered when actually she was involved in a motor vehicle accident.	Z. Catalytic
21	Rather than explicitly saying that he is unemployed, Rodney told the counselor that he is in between jobs.	
22	Norah (student nurse) has not been able to sleep because she keeps on thinking about the patient who had died from adverse reaction following penicillin injection	
23	Time is very essential in counseling, hence punctuality is emphasized, patience with the client as well as the rate at which one speaks. This communication skill concerned with observing time is referred to as _____.	
24	The use of Body and facial movements when communicating.	
25	Personal Space is valued in counseling- this includes the set-up, touch, sitting arrangement.	

[25 marks]

QUESTION 2

2.1 Discuss the seven (7) basic principles of counselling (21 marks)

[1 point for identifying the principle, 1 for describing it, 1 for explaining why the counselor should observe these]

2.2 Outline four (4) problems that registered nurses may not be able to successfully handle given their training on counseling, hence need to refer: (4 marks)

[25 marks]

QUESTION 3

- 3.1 Describe the five (5) communication styles and explain how these can influence the counseling relationship if exhibited by the counselee. (20 marks)

[1 point for naming the style, 2 points for describing the communication style or its attributes, 1 points for explaining how it can affect the relationship]

- 3.2 List FIVE causes/sources of trauma and give examples of each. (5 marks)

[25 marks]

GOOD LUCK !!!
