

UGANDA MARTYRS UNIVERSITY
UNIVERSITY EXAMINATIONS
SCHOOL OF ARTS AND SOCIAL SCIENCES
DEPARTMENT OF DEVELOPMENT STUDIES
BACHELOR OF COMMUNITY MENTAL HEALTH PSYCHOLOGY AND
BACHELOR OF SOCIAL WORK AND SOCIAL ADMINISTRATION
YEAR I: 2023/2024

END OF SEMESTER I EXAMINATIONS

BCMHP 1102/BSWASA 241: BASIC COUNSELING PRACTICE, SKILLS AND PROCESSES

NKOZI AND RUBAGA CAMPUSES

Date: Friday 8th December, 2023

Time: 2:00pm – 5:00pm

INSTRUCTIONS

- Answer Four (4) questions.
 - Question 1 (One) is compulsory
 - Do not write anything on this question paper
 - Start each number on a fresh page
 - Time allowed 3 hours.
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1. After end of Semester examinations, you went back to your community and on Christmas day you found a group of young men and women debating about counselling. Many of them were actually students from high schools and a few were Universities students doing different programs. They were saying counselling is for the mentally ill while others were saying that it's for people living with HIVAIDS and other terminally ill people. Another group were saying counselling actually is for everyone regardless of one's mental health

and HIV status. Upon your arrival, one of them told the team that you were the right person to help bring them to a common understanding.

- a) Briefly explain how counselling as a discipline came to Uganda. (10 marks)
 - b) Demonstrate to them how relevance counselling is to all Ugandans (15marks)
2. a) Discuss the different attributes expected of an effective counsellor (15marks)
- b) show how counselling differ from other helping relationships (10 Marks).
3. You have been hired as a volunteer counsellor or a social worker with an American based organisation in Kampala. One day, you found yourself in a disturbing situation in which your client invited you for her birth day celebrations.
- a) Identify the professional problem above and show how you would handle it (15marks)
 - b) Explain the different Macro skills you know in counselling practice (10marks)
4. Counselling is a highly professional discipline guided by ethical principles.
- a) Identify and explain the various specific ethical principles that are relevant to a practicing counsellor /social worker (15marks).
 - b) Discuss conditions necessary for facilitating a successful therapeutic alliance between a counsellor/social worker and their client(s) (10marks)
5. It's a common practice among clients who seeks counselling services to drop off any time at the beginning or in the middle of counselling process. This is likely to cause some sense of self-doubt and anxiety to beginning counsellors.
- a) As psychology / social work student, how would you know that you are having positive therapeutic engagements with your client? (5marks)
 - b) Explain some well-known patterns of client engagement that can improve the possibility of success in psychotherapy (10marks)
 - c) Identify and explain (two) 2 Client Engagement Activities that have been proven to be useful for treatment engagement in adults and adolescents(10marks)

- ✓ 6. Jim had come to counselling to seek help dealing with the sale of his late mother's estate. He was experiencing a lot of anger with the issue and also with his brother, Frank, who was joint inheritor. He has not been able to sleep for the last five days, he has actually lost appetite and feels so lonely of late. Frank was facing bankruptcy and needed the proceeds of the sale of the family home to save his business.

Jim is 58 years old and inherited the family home five years ago on the death of his mother. It is a substantial property in a desirable waterfront location and the will stated that it would go to Jim as the elder son. However, in the event of Jim's brother needing financial assistance, a clause in the will allowed for the home to be sold and the proceeds split 50/50 between the two brothers.

Jim understood that because of Frank's financial problems the property would need to be sold to meet outstanding debts but felt very angry towards him. He said that he felt extremely angry whenever the issue of selling 'Mother's home' arose but did not understand why, as he was a practical and logical person and the brothers had always been very close.

Jim said that he was very close to his mother and living in her house enabled him to feel that she was still there and he could stay in contact with her. He said that he often 'talked' to her and that selling the house would break this vital link with her. Jim said that when he tried to talk to people about the way he felt, they just told him he would get over it as time went on, so he had never really thought about how he was dealing with the issue. As more time passed he felt that maybe there must be something wrong with him that he could not get over his mother's death and ceased to talk, or even think about it, just accepting that that was the way it was for him.

- a) Outline presenting problems according to the story above (5 Marks)
- b) What possible diagnosis would you come up with in the above case and why? (3Marks)

- c) Using your chosen counselling model, demonstrate how you would help Jim cope with his current situation. (17Marks)
- 7. Assessment is key in counselling practice and processes.
 - a) Defend this statement (5marks)
 - b) Discuss the differences between assessment and testing (12marks)
 - c) Briefly explain Yankelovich Problem Solving Process (8marks)
- 8/ a) Describe characteristics of interview method and give different types of interview in detail (13marks).
- b) Discuss structured and unstructured interview with their advantages and disadvantages with suitable example (12marks).

End!

Success, Happy Christmas and Prosperous New year 2024