

SCHOOL OF ARTS AND SOCIAL SCIENCES
DEPARTMENT OF DEVELOPMENT STUDIES
BACHELOR OF COMMUNITY MENTAL HEALTH PSYCHOLOGY
YEAR 1: 2022/2023 NKOZI & LUBAGA CAMPUSES
BCMHP 1101: FUNDAMENTALS OF COMMUNITY PSYCHOLOGY AND MENTAL HEALTH
END OF SEMESTER ONE EXAMINATIONS

DATE: FRIDAY 16TH DECEMBER 2022

TIME: 9:30AM-12:30PM

Instructions:

- 1. Question one is COMPULSORY**
- 2. Choose any THREE Questions from the rest of the questions BELOW**

QUESTION 1:

- a. You are attending an international conference of Psychologists. Discuss the concepts that will make the panel get convinced that it's the best branch of psychology. (15 Marks)
- b. State the difference between psychotherapy and counselling. (5 Marks)
- c. Explain the difference between advice-giving and psychotherapy. (5 Marks)

Choose any THREE Questions from the questions BELOW

QUESTION 2

- a. Briefly discuss at least 5 mental health disorders you are likely to find in the community. (25 Marks)

QUESTION 3

- a. What public health approach will you use while counselling in any community population? (15 Marks)
- b. Assessment in counselling is meant for clarification and diagnostic purposes. In view of that, state the components to note while assessing the client. (10 Marks)

QUESTION 4

Discuss the following theories of Community Psychology and show their relevance in understanding the community.

- a. Kelly's ecological theory. (15 Marks)
- b. Sense of community Theory. (10 Marks)

QUESTION 5

- a. The counselling process isn't rushed but rather involves a systematic evaluation that includes a detailed process. In view of that, explain the stages of counselling that you will go through while counselling clients in the community. (15 Marks)
- b. Describe the vital skills that any professional counsellor must have. (5 Marks)
- c. State the skills for relationship building. (5 Marks)

QUESTION 6

- a. Discuss the 5 levels of analysis in community empowerment. (15 Marks)
- b. Describe the 3 important conditions for the establishment of an effective counsellor-client relationship as stated by Carl Rogers. (10 Marks)

SUCCESS