

**UGANDA MARTYRS UNIVERSITY
SCHOOL OF ARTS AND SOCIAL SCIENCES
DEPARTMENT OF DEVELOPMENT STUDIES
SEMESTER II 2018/2019
BSDC III-Day- Counselling Specialisation
COUNSELING WORKSHOP II**

Date: Tuesday 11th December 2018

Time: 9:30am – 12:30pm

INSTRUCTIONS

Answer ONLY FOUR

Begin each answer on a fresh page.

Question One

- (a) With examples, discuss the scaling and miracle questions used in counseling (20 marks)
- (b) Under what circumstances would you use Solution Focused Brief therapy (5marks)

Question 2

Read the case below and answer the questions that follow;

Jackie is a 40 year woman and highly educated with a masters in business administration. She comes to you for counselling after what she calls performance failure at work. Jackie is very worried that she might lose her job. She narrates that the job is very demanding she has to perform so many tasks some of which she does not qualify for.

Sometimes the boss gives her work to do when she still has work but she is unable to say no. "I don't know why I cannot say no to people"-she laments. I tend to find it hard to say no to people so my boss ends up heaping a lot of work on me. I feel used and abused yet I fear so much for my job if I loose it I will have nowhere to go, how will be able to meet my bills every month. I feel so tired, most of the time I work at office and also take work at home I never rest I hate my work. I do not look forward to going to work I am always very happy when it is a public holiday because at least I can have a break. It has even started affecting my home; I have no time to look after my children, I feel like a stranger to them, I have no time for my husband and he has started complaining about me bringing work at home I don't know what I am going to do I feel stuck.

I think everyone takes advantage of me, no one is willing to sacrifice for me I can come out of leave or even leave my work to help a colleague but none ever does that for me. I have promised myself many times that I am going to say no but I end up in the same circle, I don't know what I can do but I fed up of this I cannot continue like this. Answer the following questions;

- (a) What would you consider the client's presenting problem? (2marks)
- (b) What is the hidden problem/s? (4marks)
- (c) Identify some of the dysfunctional beliefs and thoughts Jackie has that interfere with her mental wellbeing (4marks)
- (d) What theories can you use to understand and deal with Jackie's problems (10marks)
- (e) Which counselling skills would specifically use to help Jackie (5marks)

Question 3

- (a) Identify and explain the key ethical principles that you would follow within the counselling profession (18marks)
- (b) Why is it importance to maintain professional boundaries with your clients (7marks)

Question 4

Read the case below and answer the questions that follow;

Thomas is a 35 year old man who got married to Helen 4years ago. He comes to you for counselling at the verge of a divorce. Thomas met with Helen during university education and married her three years after school. Thomas describes his relationship with Helen as a strong marriage, but also explains that they have experienced recurring problems in their marriage.

Thomas feels that the main problem is the interference of Helen's family in their marriage. Helen had had a close relationship with her mother and father and had been living with them up until she was married. Neither Helen's mother nor father approved of her relationship with Thomas, since their first meeting. During the session, Thomas is at a loss of words to explain their disapproval of him, and it appears that he has tried in many ways, to gain their respect.

Initially Helen was hesitant to get married to Thomas, due to her parent's strong reaction to him. At times they even carried on their relationship in secret to avoid her parent's reaction. With time it became more apparent to them that they would eventually have to overlook Helen's parents' opinions of their relationship and follow their own wishes.

Finally, Helen and Thomas got married. Since becoming married and having their first child, Thomas has continued trying to win his in-laws approval. It was his belief that when they

finally get married he would try to be good and they will come to love him as much as they love their daughter.

However, he now finds this position very demanding. What makes it more difficult is that Helen's parents expect to be visited on a weekly basis, by their daughter and new grandchild. These weekly meetings are very draining for Thomas as his parents-in-law are still openly critical of him and yet he has to drop his wife and child and pick them up. At best, he says, they ignore him.

He points out that he finds it strange that Helen just keeps quiet about it, though she tells him that she wishes her parents were less critical. Helen usually tells him that it is usually best to just let her parents have their way, and this appears to reflect her pattern of coping with the situation. Thomas confesses that he is fed up with this and wants to end the marriage.

- (a) What is Thomas' presenting problem? (2marks)
- (b) What do you think is the underlying problem/problems for Thomas and, his marriage? (6marks)
- (c) Which theory/ies can you use to understand and deal with the client's issue? (10marks)
- (d) What information would you give Thomas to help him deal with the problem at hand? (7marks)

Question 5

- (a) What is the nature of client's problems you are likely to deal with? (10marks)
- (b) Discuss the characteristics of the helping profession. (8marks)
- (c) Thomson and Rudolf (1992) recommended that counselling is for all people in society, discuss. (7marks)

END