

UGANDA MARTYRS UNIVERSITY
SCHOOL OF ARTS AND SOCIAL SCIENCES
DEPARTMENT OF DEVELOPMENT STUDIES
POST GRADUATE DIPLOMA IN COUNSELING PSYCHOLOGY
PGDCP I (AUGUST 2023 INTAKE)
PGDCP1102: BASIC THEORIES IN COUNSELLING
SPECIAL/SUPPLEMENTARY EXAMINATION
RUBAGA CAMPUS

DATE: FRIDAY 16TH AUGUST, 2024

TIME: 9:30AM-12:30PM

INSTRUCTIONS:

1. Part A: Question 1 is Compulsory and should be attempted by all.
2. Part B: Choose any three Questions of your own choice.

**END OF SEMESTER EXAMINATIONS
AUGUST 2024**

Answering Guide:

- Choose only 4 numbers of your choice
- Please use the Scenario given to answer all attempted questions of your choice

Working Scenario

Emmanuel is a student at UMU who is troubled by many issues both at home and at campus. This has tremendously affected his personality and belief system. In view of that, he chose to seek the services of a counsellor. During the process, Emmanuel got discouraged and wanted to quit the relationship. As you try to analyse what went wrong, answer the following questions

Question 1

- a. Discuss the procedure you will go through as you prepare for this important encounter with the client (5 Marks).
- b. Of both the Counsellor and Client, one might have been wrong. Discuss the qualities of both that would have influenced a good therapeutic relationship. (20 Marks)

Question 2

- a. Reflecting on the two concepts, ie, guidance and counselling, discuss the best fit for Emmanuel and state why you chose one of those. (5 Marks)
- b. Discuss the key features of the psychoanalytic theory and show how you will use it to help the client through his painful past (20 Marks).

Question 3

- a. What are the Counsellor characteristics that would make counselling the best choice for Emmanuel? (5 Marks)
- b. Counseling can help a client learn to make better decisions, improve personal skills, and develop greater confidence in the person's academic or work performance. In view of that, discuss what would be termed as a successful working relationship between you and Emmanuel, and show clearly what might have led to the discouragement (20 marks)

Question 4

- a. State the Rogerian core conditions necessary for successful counselling (5 Marks)
- b. Albert Ellis started the Cognitive Behavior Therapy (CBT) in 1955. What are the key concepts that you will use to psychoeducate Emmanuel on his belief system.(10 marks)
- c. Assuming it's the reality theory that marks the best fit, how would you use it?(10 Marks)

Question 5

- a. Assuming you chose the Rogerian approach, what might have informed the choice of this famous theory? (5 marks)
- b. Behavioral approach is based on the premise that primary learning comes from experience and applies learning principles to the elimination of unwanted behaviours. In view of that, Describe the four aspects of this approach, its view of nature, the goal setting process and the overall techniques that you are likely to use while choosing it for Emmanuel.(20 marks)

Question 6

- a. Describe the professional codes of ethics showing how these will be applied in your relationship with Emmanuel. (5 marks)
- b. For sure after all sessions with Emmanuel, you might need selfcare and personal development. Discuss what might have strained you to the extent of needing the above wellness counsellor concepts (20 marks).

Success in your exams