

**UGANDA MARTYRS UNIVERSITY**  
**SCHOOL OF ARTS AND SOCIAL SCIENCES**  
**DEPARTMENT OF DEVELOPMENT STUDIES**  
**POSTGRADUATE DIPLOMA IN COUNSELLING PSYCHOLOGY**  
**YEAR 1: 2023/2024**  
**END OF MODULE EXAMINATIONS**  
**PGD 1102: BASIC THEORIES IN COUNSELLING**  
**RUBAGA CAMPUS**

**TIME:** 9:00am-12:00pm

**DATE:** Saturday 18<sup>th</sup> November 2023

**Answering Guide:**

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

Quinto 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, Quinto 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 factors that influence the counselling process (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, i.e., guidance and counselling, discuss the best fit for Quinto and state why you chose one of those. (5 Marks)
- b. Incase Quinto narrates that his challenges are rooted in his kinship, discuss the related theory that you would preferably use as the best fit to emote the painful past event. You are expected to show the key structures of this theory and the most preferred techniques for use. (20 Marks)

**Question 3**

- a. What are the Counsellor characteristics that would make counselling the best choice for Quinto. (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 Quinto, 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 Quinto 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 Quinto. (20 marks)

#### **Question 6**

- a. Describe the professional codes of ethics showing how these will be applied in your relationship with Quinto. (5 marks)
- b. For sure after all sessions with Quinto, you might need self-care 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*