

UGANDA MARTYRS UNIVERSITY
SCHOOL OF ARTS AND SOCIAL SCIENCES
DEPARTMENT OF DEVELOPMENT STUDIES

POST GRADUATE DIPLOMA IN COUNSELLING PSYCHOLOGY

Supplementary Examinations:2023/2024

PGDCP1203: Counselling Practice and Processes

RUBAGA CAMPUS

DATE: Friday 16/08/2024

TIME: 2:00 – 5:00pm

INSTRUCTIONS:

- Answer ALL the questions
 - Understand the question very well before attempting
 - Do not write anything on the question paper
 - Begin a new question on a fresh page
 - Write the question numbers attempted on each page
 - TIME 3 Hours
-

Question 1.

- a) In a strategy to help traumatized youths who have resorted to the use of psychoactive substances as a mean to cope with psychological distress in Arua diocese, you are consulted by funders of a project (Arua Caritas) to design a counselling environment / facility which could help traumatized youths to communicate their stories and heal. Make a description and justification of your design. (15marks)
- b) Write a guideline on how counsellors working in the Center would create therapeutic relationships with their clients. (10marks)

Question 2.

- a) Discuss the advantages and disadvantages of using multimodel approach to counselling and psychotherapy (15Marks).
- b) State and explain the major attitudes every counsellor must know and practice for the best therapeutic outcome according to humanistic psychologists. (10Marks)

Question 3.

- a) Explain how a counsellor should structure their initial session with a client (how they would structure the session, what information should be provided to the client and other significant details) (15marks)

b) Write a script for the way in which a counsellor should explain to a client the ethical and professional concept of confidentiality as a pillar in counselling services. Please write your script word-for-word as a counsellor would speak to a client (10marks)

Question 4.

a) How should a counsellor prepare a client for the eventual end of the counselling relationship? (13 marks)

b) What sort of feedback (if any) should a counsellor seek from their clients? (12marks)

End!

Good LUCK