



UGANDA MARTYS UNIVERSITY
DEPARTMENT OF DEVELOPMENT STUDIES
MASTERS OF MENTAL HEALTH COUNSELLING PSYCHOLOGY
MHC 1105: CROSS-CULTURAL COUNSELLING
END OF MODULE EXAMINATIONS
YEAR I & II:2023/2024

DATE: Saturday 16th March, 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.

WORKING SCENARIO

Denis is a Ugandan truck driver who grew up in a religious family practicing the Protestant faith. At his workplace, where he has a mixture of Somalis, Sudanese, Indians and other drivers from different cultural origins, he reports need for constant cleansing for both himself and the workplace which he does quite often through church and other rituals. As an African man, and heir to his ancestral lineage, he holds a rich culture of beliefs, rituals, practices and alignment to his lineage which he states is of much help in keeping him safe at his work station. He at one time meets a professional counsellor at church with whom they started a professional counselling relationship.

Use this scenario to answer the following questions.

Part A: Question 1 is Compulsory and should be attempted by all.

Question one (COMPULSORY)

- a. During counselling, Denis seems to have delusions inclined to troubles deriving from his position as the heir to his lineage. What are the key cross cultural beliefs that you are likely to battle with in this relationship? **(20 Marks)**
- b. Define culture and show its characteristics **(5 Marks)**.

Part B: Choose any three Questions of your own choice.

Question 2

- a. During a particular counselling session, he reports the cause of his delusional behavior is prejudice and discrimination. In view of that, discuss the common social factors that might have contributed to such a work environment and show the solutions that Denis need to put into practice to have psychological equilibrium **(20 Marks)**.
- b. Explain what enculturation is and show its elements **(5 Marks)**.

Question 3

- a. Incase Denis was of the Indian community and he continuously mentions aspects that show a different articulation of good mental health back home in India which is different from yours as a Counsellor of Ugandan Origin. In view of that, discuss the critical ethical considerations that will enable you provide effective and culturally competent mental health services to Denis **(20 Marks)**.
- b. Assuming you advocated for culture change with Denis, discuss its elements to show what the counselee needs to focus on for good mental health at the workplace **(5 Marks)**.

Question 4

- a. Developing sensitivity to cultural differences is essential for effective communication, understanding, and respectful interactions in a diverse world. Discuss the key steps that you might use to enhance cultural sensitivity in this counselling relationship. **(20 Marks)**
- b. Describe the stages of the developmental Model of Intercultural Sensitivity (DMIS) by Milton Bennet that might assist you to understand Denis's challenges **(5 Marks)**.

Question 5

- a. Assuming Denis is a Somali by Origin in this case. Describe the strategies that you will use in the counselling relationship to develop the following competencies as a counsellor **(4 marks each)**.
 - The managing self-competency:
 - The managing communication competency:
 - The managing diversity competency:
 - The managing ethics competency
 - The managing across cultures competency
- b. During the psychoeducation sessions, you engage in a deep discussion of what a harmonious relationship is. Describe the tips to developing cultural sensitivity that you might impart to Denis as a Ugandan, which he might use at his workplace **(5 marks)**.

Question 6

- a. Discuss the strengths and limitations that you are likely to encounter with Denis within the different scenarios stated **(10 Marks)**.
- b. Discuss what cultural shock showing its elements and state the different stages of cultural shock that Denis might have gone through while at his work environment **(15 Marks)**

SUCCUSS IN YOUR EXAMS