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(University of Choice)

**MASINDE MULIRO UNIVERSITY OF
SCIENCE AND TECHNOLOGY
(MMUST)**

**UNIVERSITY EXAMINATIONS
2021/2022 ACADEMIC YEAR**

FIRST YEAR THIRD TRIMESTER EXAMINATIONS

**FOR THE DEGREE
OF
BACHELOR OF SCIENCE IN MEDICAL SOCIAL WORK**

COURSE CODE: NMS 124

COURSE TITLE: FOUNDATIONS OF COUNSELING

DATE: 20/04/2022 TIME: 3pm-6pm

INSTRUCTIONS TO CANDIDATES

All Questions Are Compulsory

TIME: 3Hours

MMUST observes ZERO tolerance to examination
cheating



SECTION I-20 MARKS

1. Which of the following BEST explains the meaning of counseling as used in medical social work?

(A) A professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals.

(B) The process of sympathizing with individuals and talking to them at individual or group level so that they make decisions on finding solutions to their problems.

(C) It is the process where the social worker empathizes with vulnerable individuals and prays for them. The counselor also gives handouts to his clients so as to improve their living standards.

(D) Counseling involves making decisions for the client with a purpose of improving their life-threatening situation.

2. The following life situations of clients can be addressed through counseling the clients EXCEPT which one?

(A) Marriage and family difficulties.

(B) Career challenges

(C) Political issues

(D) Alcoholism and drug abuse problems

3. Which of the following is NOT one of the five main approaches to Psychotherapy?

(A) Technical eclecticism Therapy

(B) Behavior therapy

(C) Cognitive therapy

(D) Humanistic therapy

4. You have been deployed as a medical social worker in Kakamega Teaching and Referral Hospital in the Guiding and Counseling Department. For you to be more effective in the delivery of your duties which skill are you NOT supposed to display?

(A) Critical thinking

(B) Active listening

(C) Self-care.

(D) Confidentiality

5. Which of the following is Not a common sign of COVID 19 among suspected patients?

(a) Fever

(b) Dry cough

(c) Tiredness

(d) Loss of taste or smell

6. The following are advantages of counseling clients/patients in different life-threatening situations except.

(a) improved communication and interpersonal skills.

(b) greater self-acceptance and self-esteem.

(c) ability to change self-defeating behaviors/habits.

(d) Clashes between personalities:

7. Which of the following categories consists of the core ethical principles in counseling profession.

- (a) Justice, Beneficence, Autonomy and Non maleficence
- (b) Justice, Fairness, Autonomy and Non maleficence
- (C) Justice, Beneficence, Autonomy and Caring
- (d) Law abiding, Beneficence, Autonomy and Non maleficence

8. During counseling process, it's important to consider the counseling setting. As a medical social worker which of the following counseling setting would you prefer for your counseling sessions for traumatized clients

- (a) Trauma Center
- (b) Church
- (c) school
- (d) crisis center

9. Which of the following is NOT an ethical responsibility of social workers to their clients?

- (a) Access to Records
- (b) Sexual relationships
- (c) payments of services
- (d) Public participation

10. What is meant by Personal Theory of Counseling?

- (a) involves the alignment of inter personal beliefs with a theoretical approach(es)
- (b) involves the alignment of personal values and beliefs with a theoretical approach(es)
- (c) It is the use of group approach to personal challenges
- (d) It involves sympathizing with the clients personal issues

11. Which one of the following is NOT a theoretical orientation/ approach to Human Development?

- (A) psychoanalytic, (b) Non cognitive, (c) behavioral and social cognitive, (d) ecological

12. Which one is Not of the different types of counseling?

- (a) Marriage and family counseling.
- (b) Guidance and career counseling.
- (c) Rehabilitation counseling.
- (d) Spiritual Counseling

13. Pick one category that is NOT correct

(A) Psychoanalytic Therapy

- Originated by Sigmund Freud
- Belief that behavior is influenced by unconscious motives and conflicts
- Stresses the importance of early development

(B) Adlerian Therapy

- Alfred Adler disagreed with Freud's theories
- Like Freud, Adler believed that the first six years influenced ones life

- Human motivated by social urges
- (C) Existential Therapy
- This view leads us to reflect and decide
 - This view focuses on the nature of the human condition
 - Each person's personality is seen as unique
 - One's sense of self develops from infancy
- (D) Person-centered Therapy
- Frederick S. Perls originated this theory
 - Emphasized how people get, share, or surrender power and control over themselves and others
 - Developed non-directive counseling
 - Basic techniques – active listening, reflection of feelings, clarification, and “being there” for the counselee

14. During counseling, Clients tend to display various characteristics. Which of the following is not a characteristic of a client during counseling?

(a) knowledge of relationships (b) ability to trust (c) stress/tolerance level (d) un-cultural norms

15. Patrick secured an internship with AMANI counseling center in Nairobi. He came across a client who became reluctant during counseling sessions. What would be of the strategies would you suggest to him to employ so as to help his client.

(a) Provide Alternative Constructs

(b) Don't establish a set of rules as the client will get scared

(c) Focus on his strength

(d) Don't give the client choices

16. What is a probing question?

(a) It is a disturbing question to clients

(b) Probing questions ask for more details on a particular matter.

(c) a common sense question that does not need answers

(d) It is a probing question

17. What is an open-ended question in counseling?

(a) those which can be answered by a simple "yes" or "no,"

(b) those which require more thought and more information

(c) those that do not need answers

(d) Those that have not question marks(?)

18. Reflecting on the feelings of the client during counseling sessions serves three purposes except one. Which one in the following categories.

(a) helps to clarify issues

(b) improve the effectiveness of client

(c) To allow the speaker to 'hear' their own thoughts and to focus on what they say and feel
(d) Helps the counselor have more time with the client

19. Which of the following is NOT a type of counseling ?

- (a) Individual Counseling
- (b) Community counseling
- (c) Relationship & Marriage Counseling
- (d) Educational Counseling.

20. Which one of the following is NOT a stage in counseling process .

- (a) Initial stage or the initial disclosure stage
- (b) Middle stage or in-depth exploration stage
- (c) Neutral stage
- (d) Last stage or commitment to action stage.

SECTION II-40 Marks

Answer All Question in this section

Answer All Question in this section

1. List and briefly explain five fields in counseling (5 marks)
2. State five advantages of Gestalt approach in counseling of a malnourished child's care giver/ mother (5 marks)
3. Identify and briefly explain five principles in counseling (5 marks)
4. (i) List three techniques used in REBT in counseling (3 marks)
(ii) State two techniques used in Client-Centered therapy in counseling (2 marks)

SECTION III-40 Marks

Answer All Question in this section

1. Identify and discuss the seven steps in counseling of a survivor of rape patient. (20 marks)
2. Discuss your goals as a counselor when handling an oncological patient at the county teaching and referral hospital. (20 marks)