



COLLEGE OF SOCIAL SCIENCES, THEOLOGY, HUMANITIES AND EDUCATION

NHPS246: PSYCHOLOGY OF COUNSELING

SUPPLEMENTARY EXAMINATION

AUGUST 2019

LECTURER: Dr Mazvita Machinga

DURATION: 3 HRS

INSTRUCTIONS

1. Do NOT write your name on the answer sheet.
2. Answer **three** questions.
3. Begin your answer for each question on a new page.
4. Each question is worth a total of **20** marks.
5. Credit will be given for neat, well-written and lucid work.

1. Theoretical approaches are an understandably an integral part of the counseling process. Using a case study compare how you would use two theories of psychotherapy.

2. The question whether counselling is an art or a science is a controversial topic among scholars and students. Is counseling an art or science. Discuss.

3. A 16-year-old male is suspended after repeated offenses of bullying a classmate. While meeting with the principal the student states, "EVERYONE makes fun of that kid! You just don't see it!" This behavior is associated with a defense mechanism. Discuss the 6 defense mechanisms and how these inform your counseling response as a social worker?

4. a. Using an example of a case study of your choice describe the three domains of functioning highlighting the counselor's role (10)

b. Compare and contrast guidance and counseling (10)

5. a. Discuss some of the major problems that can impede the effective functioning of individuals and how you would use psychological concepts to offer help (10)

b. Discuss the ethical and legal issues for the practice of counseling (10)
