



College of Social Sciences Theology Humanities and Education  
2018 Semester Final Examination

Course Code	EFN 201
Course Title	Guidance and Counselling
Date	April/May 2018
Time	3 Hours
Examiner	Mr Ndlovu

### ***INSTRUCTIONS***

- 1 Do not write your name on the answer sheet
  - 2 Use answer sheets provided
  - 3 Question 1 in Section A is Compulsory
  - 4 Answer any Two questions in Section B and each question carry 20 marks
  - 5 Credit will be given to illustrations with examples
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## **SECTION A**

### **Question 1**

- a) Explain the three techniques of psychoanalysis. (3)
- b) Describe goal setting in counselling. (4)
- c) State five goals of group therapy. (5)
- d) "Informed consent is an ethical and legal requirement. It is an integral part of therapeutic process". Elaborate on the aspects of informed consent. (8)

## **SECTION B**

### **Question 2**

"Professional ethics are guidelines that help people in a particular profession decide what is right and wrong in their professional practice". Explain the ethical considerations in counselling children paying particular attention to the legal issues with regards to dealing with children.

### **Question 3**

"Counselling is the process that occurs when a client and counsellor set aside time in order to explore difficulties which may include the stressful or emotional feelings of the client". Give an articulation of the stages in the counselling process.

### **Question 4**

"The counsellor must be culturally competent for a counselling session to be effective". Explain issues of culture in counselling.

### **Question 5**

"Adequate guidance and counselling is vital in helping and guiding youths to realize the goals of optimum academic personal and social development". Discuss.

-----**END OF PAPER**-----