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MAIN EXAMINATION

SEPTEMBER- DECEMBER 2020 TRIMESTER  
FACULTY OF ARTS AND SOCIAL SCIENCES  
DEPARTMENT OF COUNSELLING PSYCHOLOGY  
REGULAR PROGRAMME

UNIT TITLE: DCP 013: MICRO COUNSELING TECHNIQUES AND SKILLS

<b>Date: DECEMBER 2020</b>	<b>Duration: 4 Hours</b>
<b>INSTRUCTIONS: Answer ANY THREE Questions</b>	
<b>All answers must be submitted through your student portal on ODEL</b>	

1. Imagine two individuals who take a holiday on an island resort at the same island, same resort, and same time of year. One of them enthusiastically expresses the wonders of the sunsets, walks along the beach and lives a leisurely lifestyle. While the other complains about the heat, sunburn and boredom they experienced.
  - (i) In the illustration above explain the skills you would use to explore and understand the deeper aspect of the client's experience. (10 marks)
  - (ii) Discuss one theory you would consider to anchor your session. (13.3 Marks)
2. Explain the key features of the person centered approach and their use in helping a client with symptoms and stressors likely to have resulted from this COVID 19 season. (23.3 marks)
3. Use any main theory of counseling and discuss its strengths as well as weaknesses in assessment of human behavior. (23.3 marks)
4. **CASE STUDY**

**JIMMY:** My mother told me that I was adopted when I was thirteen years old. After that I went wild for a while . . . running around with a bad crowd . . . I didn't know who I was any more . . . my world fell apart.

**COUNSELOR:** You were lost and confused.

**JIMMY:** Yes . . . I feel so confused. I feel dislocated . . . I still feel lost in some ways.

**COUNSELOR:** There is still a sense of things not being right for you . . . like missed connections.

**JIMMY:** Parts of the story are missing . . . large parts. I want to meet my natural parents, yet I'm terrified too . . . terrified that they might not want to know me.

**COUNSELOR:** The fear of the unknown . . . and of possible rejection . . . these are the things which cause you the most anxiety.

**JIMMY:** Yes, and this fear keeps me from doing anything.

- a) Discuss the counsellor's response in the illustration above. (10 marks)
  - b) Analyze the core micro - counseling skills used by the counselor. ( 13.3marks)
5. Examine the micro counseling skills you would consider when attending to a client who has never attended counseling and are very anxious. ( 23.3 marks)