



**AMREF INTERNATIONAL UNIVERSITY
UNIVERSITY EXAMINATIONS
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF HEALTH PSYCHOLOGY
APPLIED DIPLOMA IN MENTAL HEALTH PRACTICE**

END OF SEPTEMBER/DECEMBER 2023 SEMESTER EXAMINATION

Course Code and Title: ADMH103 Advanced Interviewing, Counseling Skills & Practicum

Date: 7th DECEMBER- 2023

Time: 2 Hours

START: 4.15 PM

FINISH: 6:15 PM

Instructions

1. Write your university registration number on every booklet that you use
2. **Do Not** write on the question paper
3. Use the back of your answer booklet for rough work if need be.
4. This exam is marked out of **60 marks**
5. This Examination comprises Sections A and B
6. **SECTION A IS COMPULSORY**
7. **SECTION B; Answer only two questions**
8. Read carefully additional instructions preceding each section

SECTION A: SHORT ANSWER QUESTIONS**(20 MARKS)****Question 1:**

- a. Explain the meaning of the term “interviewing” as used in counselling **(3 Marks)**
- b. State FIVE(5) multicultural aspects of importance in counselling and mental health **(5 Marks)**
- c. Outline FIVE (5) reasons for use of summarization skill in counselling **(5Marks)**
- d. Outline Five (5) key attributes of a good counsellor as theorized by Carl Rogers **(5Marks)**
- e. Outline TWO (2) limitations of confidentiality in counselling and psychotherapy **(2 Marks)**

SECTION B: LONG ANSWER QUESTION**(40 MARKS)****Question 1:**

- a. using “reflection of feelings skill” illustrate how you would respond to a client stating the following; -

(5 marks)

“I feel great! I’ve finally done it. I’ve quit my job! I was just so frustrated at work; I couldn’t take it anymore. It’s OK though, because the next week I picked up a job closer to home and more pay! I can’t believe it; I feel like a weight has been lifted off my shoulders. I just couldn’t see it before. Here I was worrying all the time when I should have moved on long ago. I felt pretty scared for a couple of days though, feeling sorry for myself, not knowing how long I’d be out of work. But hey, look, both my wife and I are on top of the world”.

- b. Explain 2 reasons for using the below basic counseling skills, providing an example of each;
 - i. Self-disclosure **(3 marks)**
 - ii. Paraphrase **(3 marks)**
 - iii. Confrontation **(3 marks)**
 - iv. Open ended question **(3 marks)**
 - v. Reflection of feeling **(3 marks)**

Question 3:

- a. Justify the need for maintaining ethical and professional standards in interviewing and counselling. **(8 Marks)**
- b. Examine the six-stage model of the counselling process **(12 Marks)**

Question 4:

- a. Develop a script in which you are conducting the informed consent process **(10 marks)**
- b. Create FIVE critical questions you would ask when gathering information regarding
- i. Developmental milestones and
 - ii. criminal history of a client **(10 Marks)**

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