



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES
END OF SEPTEMBER - DECEMBER 2024 SEMESTER EXAMINATION**

ADVANCED DIPLOMA IN APPLIED MENTAL HEALTH PRACTICE

COURSE CODE AND TITLE: ADMH103- Advanced Interviewing/Counseling Skills & Practicum

DATE: Friday, 6th December 2024

DURATION: 2 HOURS Start: 4:00 PM Finish: 6:00 PM

INSTRUCTIONS

1. This exam is out of 60 marks
2. This Examination comprises TWO Sections. Section I: Short Answer Questions (20 marks)
Section II: long Answer Questions (40 marks)
3. Answer ALL Questions.
4. Do NOT write anything on the question paper -use the back of your booklet for rough work if need be.

SECTION I: Short Answer Questions (20 MARKS)

1. Explain TWO (2) attributes of an effective counsellor (4 Marks)
2. State FIVE (5) reasons for the use of summarization skill in counselling (5 Marks)
3. Outline FIVE (5) multicultural aspects of importance in counselling (5 Marks)
4. Outline the SIX (6) core conditions proposed by Rogers Theory of Therapeutic Change (6 Marks)

SECTION II: LONG ANSWER QUESTIONS (40 MARKS)

5. Use Sam's and Laura Case to answer the following questions.

Client Sam: "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 is 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".

Counsellor Laura:

- a. Illustrate how you would respond to the client Sam using "a reflection of feelings" (5 marks)
- b. Imagine that you are conducting a therapy session with Sam. Explain 2 reasons for using the counselling skills listed below and provide an example.
 - i. Self-disclosure (3 marks)
 - ii. Paraphrase (3 marks)
 - iii. Verbal underlining (3 marks)
 - iv. Open-ended question (3 marks)
 - v. Closed-ended question (3 marks)
6. You are working as a mental health professional at Chiromo Hospitals Group. Dr. Nabila Ali, a senior psychiatrist at the hospital has referred Jerry, a male-Caucasian-client aged 20 years from United States of American for a counselling session due to presentation with suicidal ideation following a break-up with his girlfriend.
 - a. State the most likely diagnosis for Jerry (2 Marks)
 - b. Develop a script in which you are seeking informed consent during the first session with a Jerry who is culturally different from you. (10 marks)
 - c. Create critical questions you would ask when gathering background information from Jerry regarding his (i) child abuse history, and, (ii) medical history (8 Marks)