



AMREF INTERNATIONAL UNIVERSITY
UNIVERSITY EXAMINATIONS
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES
ADVANCED DIPLOMA IN APPLIED MENTAL HEALTH PRACTICE (ADAMHP)
JANUARY/APRIL 2026 SEMESTER EXAMINATION

COURSE CODE: ADMH 103: Advanced Interviewing, Counselling Skills & Practicum
COURSE TITLE: ADVANCED INTERVIEWING, COUNSELLING SKILLS & PRACTICUM
DATE: TUESDAY, 14TH APRIL 2026
TIME: 2 HOURS: START:4.00PM STOP: 6.00 P.M.

Instructions

1. This exam is marked out of 60 marks
2. This examination comprises TWO Sections
Section A: Multiple Choice Questions or Short Answer Questions (20 Marks)
Section B: Long Answer Questions and/or Case Scenarios (40 Marks)
3. This exam shall take 2 Hours
4. Write your University registration number on every booklet that you use
5. Do not write on the question paper. Use the back of the answer booklet for rough work purposes
6. All questions are **compulsory**

SECTION A: COMPULSORY MULTIPLE CHOICE QUESTIONS AND SHORT ANSWERS
(20 MARKS)

A) MULTIPLE CHOICE QUESTIONS (10 MARKS)

1. Which of the following is one of Carl Rogers' three "core conditions" for therapeutic change?
 - A. Sympathy
 - B. Congruence
 - C. Interpretation
 - D. Confrontation

2. A counsellor who remains authentic and transparent, ensuring their internal feelings match their external behavior, is demonstrating:
 - A. Unconditional Positive Regard
 - B. Transference
 - C. Congruence
 - D. Psychoeducation

3. "Unconditional Positive Regard" means:
 - A. Agreeing with everything the client says or does.
 - B. Maintaining a non-judgmental, accepting attitude toward the client regardless of their actions.
 - C. Always being happy and positive during the session.
 - D. Giving the client constant praise to build their self-esteem.

4. Countertransference occurs when:
 - A. The client becomes angry with the counsellor.
 - B. The counsellor projects their own unresolved feelings or conflicts onto the client.
 - C. The counsellor and client share a similar cultural background.
 - D. The client refuses to speak during a session.

5. The primary purpose of "Attending" skills is:
 - A. To give the client advice on how to solve problems.
 - B. To ensure the counsellor is physically and psychologically present for the client.
 - C. To take accurate notes for the final report.
 - D. To challenge the client's illogical beliefs.

6. _____ question is most likely to encourage a client to explore their feelings deeply.
 - A. Closed-ended questions ("Did that make you sad?")
 - B. Leading questions (e.g., "Don't you think you should leave him?")
 - C. Open-ended questions ("How did that experience affect you?")
 - D. Rhetorical questions.

7. The main goal of "Summarization" at the end of a session is:
 - A. To introduce new topics for the next meeting.
 - B. To bring together key themes and provide a sense of closure or transition.

- C. To prove the counsellor has a good memory.
 - D. To give the counsellor the "last word" in the conversation.
8. "Perception checking" is a skill used to:
- A. Judge the client's mental stability.
 - B. Verify that the counsellor's interpretation of the client's non-verbal cues is accurate.
 - C. See if the client is paying attention to the counsellor.
 - D. Determine the client's IQ.
9. Rapport building is crucial in the initial stage of the therapeutic interview because:
- A. It speeds up the paperwork process.
 - B. It establishes trust and a safe environment for the client to open up.
 - C. It allows the counsellor to start giving advice immediately.
 - D. It ensures the client will pay their fees on time.
10. A counsellor who uses "Confrontation" (or challenging) is attempting to:
- A. Start an argument with the client.
 - B. Point out discrepancies or inconsistencies in the client's thoughts, feelings, or behaviors.
 - C. Force the client to admit they are lying.
 - D. Express the counsellor's anger toward the client's choices.

B) SHORT ANSWERS (10 MARKS)

11. Summarise the three components of the Tripartite Model of Multicultural Counselling competencies. (marks)
12. Explain Carl Rogers' three core conditions of counselling. (3 marks)
13. Outline any two key qualities of an effective counsellor. (2 marks)
14. With examples, difference between information giving and psychoeducation in the counselling process. (2 marks)

SECTION B: COMPULSORY LONG ANSWER QUESTIONS (40 MARKS)

Question Fifteen

Meera is a 19-year-old university student who feels overwhelmed by her parents' desire for her to study Medicine, while she secretly wants to pursue Fine Arts. Her counsellor, Karan, listens as she describes her fear of "disappointing the family." Karan finds himself thinking about his own daughter, who recently dropped out of college, and feels a strong urge to tell Meera to "just follow her heart regardless of what her parents say."

Using the above case scenario about Meera to answer the following questions:

- a) Explain which of the Carl Rogers' three core conditions is Karan struggling to maintain when he feels the urge to give Meera advice based on his own values? (2 Marks)
- b) Examine TWO examples of paraphrases Karan could use to show Meera he understands her dilemma. (4 Marks)

- c) Explain how Karan's personal feelings about his daughter represent countertransference in this session. (4 Marks)
- d) If Karan says, *"I know exactly how you feel; my daughter went through the same thing, and it was heartbreaking,"* is he demonstrating empathy or sympathy? Give two explanations (5 Marks)
- e) Discuss how providing Unconditional Positive Regard (UPR) in this case helps Meera achieve "self-acceptance" (5 Marks)

Question Sixteen

Your client, Allan, a 55-year-old executive, was ordered by the Chair of the Board to attend counselling for anger management. Twice, he slapped his driver and severely used abusive language to his secretary. In the second session, he stares at you and says, *"You're just like my boss—always asking questions and never actually helping. You probably think I'm the problem, don't you?"*

Using the case scenario about Allan to answer the following questions:

- a) Identify and define the technical term for the psychological phenomenon where Allan projects his feelings about his boss onto the counselor. (2 Marks)
- b) Explain how a counselor should manage their own reaction to this manifestation to maintain a supportive therapeutic environment. (3 Marks)
- c) Demonstrate the use of Reframing by providing a specific statement that helps Allan view his anger through a different lens. (5 Marks)
- d) Construct a Perception Checking response to Allan's hostile comment that breaks down his behavior and offers multiple interpretations. (5 Marks)
- e) Evaluate how the strategic use of Advanced Accurate Empathy can transform a confrontational relationship into a collaborative partnership. (5 Marks)

End!