

NATIONAL UNIVERSITY OF LESOTHO

FACULTY OF EDUCATION

DEPARTMENT OF EDUCATIONAL FOUNDATIONS

EFE 4307: PSYCHOLOGY FOR COUNSELLING

SEMESTER A EXAM 2022/2023 MARKS: 100

TIME: 3HRS

INSTRUCTIONS:

- 1. This paper consists of FIVE questions.**
 - 2. Answer four questions of your choice.**
 - 3. Each question carries 25 marks.**
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QUESTION ONE

- (a) Briefly explain the relationship between psychology and counselling (5)
- (b) Describe the nature of counselling relationship (10)
- (c) Differentiate between personality and attitude as they relate to behaviour (10)

(25 marks)

QUESTION TWO

Read the following case study and answer the question that follows:

Neo, who is 25 years, had suffered from anxiety and feelings of emptiness, dislocation or disconnectedness for many years. In fact, in a conversation with a counsellor, She revealed that she is feeling lonely because of unsatisfying relationships that she has with her step mother. Neo had spent most of her early life at Quthing with her biological mother until she was eight years old. She had to move to Maseru to stay with her father and step mother two years following her mother's death. Since her father told her she has another mother who loves her, and who is going to take good care of her, Neo never felt happy about life, she is not content about her new mother despite her taking good care of her. These feelings made her feel guilty most of the time. When her father asked her about her relationship with her new mother she indicated that she does not feel loved the way her mother used to. She added that she is not able to express how she feels about her new mother. Neo is afraid to tell her father how she feels because she is afraid that her father might be angry with her, and she is afraid to jeopardise her relationship with her father who does everything for her. She further explained that she sometimes feels like she is entrapped in a family relationship that does not permit her freedom of expression. More, she explained that she sometimes feels like messing up so that she finds out how genuinely her new mother, and her father care about her. But the fear of loosing what she has already incase they get angry with her and disown her haunts her. As a result of her suppressed feelings and discontentment and uncertainty her school performance keeps on declining because she is not able to contrite in class because of this emotional pain.

Despite her self control, Neo continued to feel overwhelmed with a mixture of anxiety and anger most of the time. She also went through an extremely rebellious phase at puberty and even ran away from home on several occasions. By the time she came to seek counselling

Neo was feeling lonely, with deep fear of death. From her point of view, her mother's death and the new mother had contributed unsatisfying relationship with her father.

(a) Use the reality therapy central ideas to analyse and explain Neo's situation.

(15)

(b) What life lessons would you teach Neo about her situation using Reality therapy?

(10)

(25 marks)

QUESTION THREE

Discuss the usefulness of the Five-factor model of human personality in fostering tolerance and peaceful interactions in schools.

(25 marks)

QUESTION FOUR

(a) Use the notion of 'genetically encoded needs' to describe the origins and nature of human behaviour as understood by William Glasser. (15)

(b) Explain why reality therapy is suitable for preventing bullying behaviour in secondary schools. (10)

(25marks)

QUESTION FIVE

(a) Explain the value of any **five** qualities of your choice of an effective counsellor (15)

(b) Explain how the following counselling skills help the client during counselling:

Paraphrasing

Reflecting

Summarising

(10)

(25 marks)

(25 marks)