



AMREF INTERNATIONAL UNIVERSITY

**UNIVERSITY EXAMINATIONS
SCHOOL OF MEDICAL SCIENCES**

DEPARTMENT OF HEALTH PSYCHOLOGY

2021 Academic Year: April/August 2021 Semester Examination

COURSE CODE: ADMHP 104

COURSE TITLE: THEORETICAL APPROACHES TO THERAPY & PRACTICUM

DATE: 2ND AUGUST, 2021

TIME: 2 HOURS

START: 9:00 AM STOP: 11:00 AM

Instructions

1. Write your University registration number on every booklet that you use
2. Do not write on the question paper
3. This paper consists of 4 Questions

Read carefully additional instructions preceding each section

SECTION A: (30 MARKS)

Answer all questions

Q.1.

- a) Mention three theoretical approaches to counselling. (3 marks)
- b) List down three core conditions necessary for an effective therapist in person-centered therapy. (3 marks)
- b) Differentiate between the following ego defense mechanisms:
- i) Projection and displacement. (2 marks)
 - ii) Repression and denial (2 marks)
- c) Discuss the concept of self-actualization. (3 marks)
- d) Describe the distinctions between the id, ego, and superego. (3 marks)
- e) Discuss three principles of Gestalt theory (6 marks)
- f) Read the case study below and explain how you would apply the “WDEP System” (reality therapy) in order to help Jane have a better understanding of the role she plays on her situation. (8 marks)

Jane is seeking counseling due to reported, "anger outbursts." She states that she becomes so angry with her husband that she thinks of physically harming him, although she does not remember anything that he does specifically to provoke her anger. She denies any physical violence but has gone as far as grabbing a knife and threatening him. She does respond to his verbal attempts to calm her. She reports feeling relief after the "explosion." Jane does admit that she is fearful that her husband will leave her due to her behavior. She reports that they do not communicate well, he maintains the house, and they rarely experience intimacy or sex. Jane has an MBA and is very intelligent. She also discusses feeling depressed most of the time, but she has to put on a "game face" to do her work.

SECTION B

Answer any Two (2) Questions - Total 40 Marks

Each Question has 20 Marks

2.

John, is a 18 year old high school student. He is in form three and was suspended from school after he was caught smoking marijuana in the company of his 3 friends. His peers at home introduced him to marijuana after their initiation ceremony. John is the first-born, has two other siblings, and demands that they should respect him. This has resulted to constant conflicts and animosity in the family. In 2019, his father separated with the mother who does menial jobs to sustain the family. He believes that he must smoke marijuana in order to be accepted by his friends. His academic performance has been deteriorating. John's mother is overly concerned over his deteriorating academic performance and frequent anger outbursts displayed in school and at home. John loves playing football and is a member of the football team in school. His mother has been supportive. He desires to change in order to support his family.

- a) Identify two irrational beliefs as reflected by John. (2 marks)
- b) What problems or issues can you identify from John? (3 marks)
- c) Write down John's Case Formulation (5 marks)
- d) Describe how you would use ABCDE Model to help John dispute his irrational beliefs.

(10 marks)

3.

Mary, a 50-year-old female, referred herself for therapy due to anxiety, phobic, and depressive symptoms. Mary was afraid to leave her home because of fears of having a panic attack. She reported experiencing more than 10 attacks in the past month. These attacks were increasing in intensity. During his intake session, she indicated that panic attacks trigger fears that she's having a heart attack. Mary's father died of a massive heart attack at age 55. Mary's health was excellent. She had been rushed to the emergency room during two recent panic episodes. In both cases Mary's cardiac functioning was evaluated and found to be within normal limits. Nonetheless, her fear of panic attacks and heart attacks was escalating, and her increasing seclusion was adversely affecting her employment as a professor at a local vocational college. Her husband, Brian, accompanied her to her intake session. At the time of the referral, Mary had stopped driving and was having her husband transport her. Mary's symptoms were consistent with panic disorder with agoraphobia.

- a) What problems or issues can you identify from Mary? (4 marks)
- c) Describe three therapeutic goals you would address in this case. (3 marks)
- b) Write down Mary's Case Formulation (5 marks)
- c) Explain four CBT techniques that you would use in counselling Mary. (8 marks)

4.

- a) Discuss choice theory as postulated by William Glasser. (10 marks)
- b) Evaluate person-centred theory, highlighting both its strengths and weaknesses. (10 marks)