



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF PSYCHOLOGY
ADVANCED DIPLOMA IN MENTAL HEALTH PRACTICE
END OF SEMESTER EXAMINATION APRIL 2022**

Course Code: ADMHP 104

Course Title: Theoretical Approaches to Therapy & Practicum

Date: Monday, 11th April 2022

Time: 2 Hours: 4:00 p.m.-6:00 p.m.

Instructions

1. Write your University registration number on every booklet that you use
2. Do not write on the question paper
3. All questions are compulsory

SECTION A: Short Answer Questions (20 Marks)

Q.1.

- a) List down three core conditions in person- centered therapy (3 marks)
- b) Define the following concepts in counselling:
 - i) Transference (2 marks)
 - ii) Unfinished business (2 marks)
- c) State three primary characteristics of defense mechanisms (3 marks)
- d) Mention three theoretical approaches to counselling. (3 marks)
- e) Describe the distinction between the id, ego and superego. (3 marks)
- f) Differentiate between the following contact boundary phenomena as stipulated in Gestalt therapy.
 - i. Introjection and projection (2 marks)
 - ii. Retroflection and deflection (2 marks)

SECTION B: Long Easy Questions (40 Marks)

Q. 2.

Gladys, is a 17-year-old high school student. She is in form two and was suspended from school after she was caught smoking bang in the dormitory in the company of her 2 friends. She believes that she is overweight hence not beautiful. Her peers at home introduced her to bang one year ago while attending a birthday party. Gladys is the first-born, has three other siblings, and demands that they should respect her. This has resulted to constant conflicts and animosity in the family. In 2020, her father separated with the mother who does menial jobs to sustain the family. She believes that she must smoke bang in order to be accepted by her friends. Her academic performance has been deteriorating from a B plus to D. Gladys's mother and grandfather are overly concerned over her deteriorating academic performance and frequent anger outbursts displayed at home and in school. Gladys loves singing and is a member of youth choir in her church and participates in school drama festivals. Her mother and grandfather have been supportive. She desires to change in order to support her family.

- a) Identify two irrational beliefs as reflected by Gladys. (2 marks)
- b) What problems or issues can you identify from Gladys? (3 marks)
- c) Write down Gladys's Case Formulation (5 marks)
- d) Describe how you would use ABCDE Model to help Gladys dispute her irrational beliefs. (10 marks)

Q. 2

- a) Explain the three levels of a psychoanalytic mind as discussed by Sigmund Freud. (6 marks)
- b) Discuss three principles of Gestalt theory. (6 marks)
- c) Discuss four basic needs as stipulated in choice theory. (8 marks)

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