UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
BACHELOR OF NURSING SCIENCE: YEAR 4

FINAL EXAMINATION PAPER 2016

TITLE OF PAPER : INTRODUCTION TO PSYCHOTHERAPY

COURSE CODE : CMH 402

TIME ALLOCATION : 2 HOURS

MARKS ALLOCATION : 75

INSTRUCTIONS : THIS PAPER CONSISTS OF THREE QUESTIONS.
ANSWER ALL QUESTIONS.

DO NOT OPEN THIS PAPER UNTIL TOLD TO DO SO.
QUESTION 1

In the Christian point of view the concept of being non-judgemental by a therapist can be observed in patients' responses to therapy through faith, hope and love. Discuss as to how faith, love and hope can be reflected from patients' responses to therapy.

a) Love (10 marks).

b) Hope (10 marks)

c) Faith (5 marks)

QUESTION 2

Rogers and Sanford provide ten characteristics of the client-centred psychotherapy. (a) In your own opinion discuss these characteristics and give two examples of real life applications for each characteristic. (b) Give five reasons indicating the disadvantages or badness of client-centres psychotherapy.

a) Real life application of characteristics (20 marks).

b) Disadvantages of badness of client-centred psychotherapy (5 marks).

[25 marks]

QUESTION 3

The five parts of an individual are essential entities during psychotherapeutic interventions. Discuss how a therapist can utilize the physical, psychosocial and spiritual during psychotherapy.

a) Physical. (10 marks)

b) Psychosocial. (10 marks)

c) 5 marks for Spiritual (5 marks)

[25 marks]