

**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.**

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### **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]