

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

**SUPPLEMENTARY EXAMINATION PAPER 2017**

**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 QUESTION.**

**DO NOT OPEN THIS PAPER UNTIL TOLD TO DO SO.**

### **QUESTION 1**

Cognition, Behaviour and Affection are important key elements of psychotherapy. These components can be used during psychotherapy process. Discuss how cognition, behaviour and affection become essential in psychotherapy.

- a) Cognition (10 marks).
- b) Behaviour (10 marks).
- c) Affection (5 marks).

### **QUESTION 2**

Inferiority feelings as a life style may lead to self-defeating behaviours in individuals. Using the concept of the five parts of an individual discuss the evidence of inferiority complex that may act as stumbling blocks in a psychotherapeutic process. Please note that there is five (5 marks) for each part.

### **QUESTION 3**

Due to frequent attachment to psychotherapeutic interventions, sometimes clients may develop some vast experience in psychotherapy from a number of psychotherapists. In this case the client may end up experiencing the who, how and whom factor. In your understanding and relying on your knowledge in psychotherapy, discuss the importance of the who, how and whom factor in psychotherapy.

- a) Who factor (10 marks).
- b) How factor (10 marks).
- c) Whom factor (5 marks).