

**UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
BACHELOR OF NURSING SCIENCE YEAR 4
FINAL EXAMINATION PAPER MAY 2018**

**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)

[25 marks]

QUESTION 2

Rogers and Sanford provide ten characteristics of the client-centred therapy. (a) In your own opinion discuss these characteristics and give two examples of real life applications for each characteristic. (b) Give five reasons supporting that client-centred psychotherapy is bad for clients.

- a) 20 marks for examples of real life application of characteristics.
- b) 5 marks for badness of client-centred psychotherapy.

[25 marks]

QUESTION 3

It is essential that mental health of children is promoted in Swaziland. Discuss five reasons why mental health of children should be promoted.

[25 marks]