

UNIVERSITY OF ESWATINI
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF COMMUNITY HEALTH NURSING SCIENCE

FINAL EXAMINATION PAPER
MAY 2020

TITLE OF PAPER: INTRODUCTION TO PSYCHOTHERAPY

COURSE CODE: CHN402

TIME ALLOCATION: 2 HOURS

MARKS ALLOCATION: 75

INSTRUCTION:

- 1. THIS PAPER CONSIST OF THREE QUESTIONS. ANSWER ALL QUESTIONS.**
- 2. DO NOT OPEN THIS PAPER UNTIL TOLD TO DO SO.**

QUESTION 1

In the Christian point of view the concept of being non-judgmental 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 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-centres psychotherapy is bad for clients.

- a) Real life application of characteristics. (20 marks).
- b) Badness of client-centred psychotherapy. (5 marks).

[25 marks]

QUESTION 3

The five partsof 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]