

UNIVERSITY OF ESWATINI
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF GENERAL NURSING SCIENCE
MAIN EXAMINATION
NOVEMBER, 2021

COURSE TITLE: INTRODUCTION TO PSYCHOTHERAPY

COURSE CODE: CHN402

TIME ALLOCATED: 2 HOURS

TOTAL MARKS ALLOCATED: 75

INSTRUCTIONS:

- 1. PLEASE WRITE LEGIBLY**
- 2. THE PAPER CONSISTS OF THREE QUESTIONS, ANSWER ALL QUESTIONS.**
- 3. USE THE PROVIDED ANSWER BOOKLET FOR ALL YOUR ANSWERS**
- 4. START A NEW QUESTION IN ON A NEW PAGE.**
- 5. MAKE SURE THAT ALL YOUR ANSWERS ARE NUMBERED CORRECTLY**

DO NOT OPEN THE QUESTION PAPER UNTIL PERMISSION HAS BEEN GRANTED BY THE CHIEF INVIGILATOR OR HIS/HER REPRESENTATIVE

QUESTION 1

A psychotherapist chooses to utilise the person centred theory by Carl Rogers. He purposes to 'position the individual in his devices' so that he produces positive attributes as he pursues self-actualisation. Discuss possible observations of a well-positioned individual after a psychotherapy session. **[25 marks]**

QUESTION 2

The counselling process encompasses the joining phase, initial disclosure, the working phase and the termination phase. All five aspects of personality remain essential in each phase of the counselling process. Discuss how the physical, cognitive and emotional parts are utilised during the working phase.

- A. The physical part [10 marks]**
- B. The cognitive part [10 marks]**
- C. The emotional part [5 marks]**

QUESTION 3

1. Using your knowledge and understanding of the levels of primary health care, describe the information you would include to convince a 30 year old woman with feelings of worthlessness about the importance of psychotherapy.

[15 marks]

2. Explain to the same women the difference between counselling and psychotherapy.

[10 marks]