

**UNIVERSITY OF SWAZILAND  
FACULTY OF HEALTH SCIENCES  
BACHELOR OF NURSING YEAR 5 HEALTH SCIENCES**

**FINAL EXAMINATION PAPER 2011**

**TITLE OF PAPER: MANAGEMENT AND TREATMENT  
MODALITIES FOR  
MENTAL HEALTH PROBLEMS 1.**

**COURSE CODE : NUR 554**

**MARKS ALLOCATION: 75**

**INSTRUCTIONS : THIS PAPER CONSISTS OF (3) QUESTIONS.  
ANSWER ALL QUESTIONS.  
DO NOT OPEN THIS PAPER UNTIL TOLD  
TO DO SO.**

## QUESTION 1

This question consists of two sections. Answer all the questions in the two sections.

SECTION A: Indicate whether each statement below is true or false by writing either T or F against the number of the question, e.g. 78 =T

1. Psychotherapy is about relating issues of the external world to the personality of the individual.
2. Psychotherapy is limited to the deconstruction of the intrapersonal intricacies of the external environment.
3. According to the circular causality in psychotherapy reconstruction is followed by deconstruction.
4. Pathological deconstruction is synonymous to personality disintegration re-arrangement.
5. Behaviourism approach in psychotherapy is about relying on stimulus response process.
6. It is important to ensure that joining is not missed in psychotherapy during the working phase.
7. During joining phase in psychotherapy the therapist should understand the client more than the client understanding the therapist.
8. Thinking, feeling and perceiving are both cognitive and emotional processes in psychotherapy.
9. Joining in psychotherapy adequately make the patient have a voice during therapeutic sessions.
10. A psychotherapist should always make sure that one theme for a therapeutic story is followed at a time.
11. During a psychotherapy session it is common that multiple themes are reflected simultaneously.
12. The intrapersonal science in psychotherapy entails that the parts make the whole other than the whole making the parts.
13. Identification of feelings and ways of thinking in psychotherapy helps clients cope better in difficult situations.
14. Relying on one's thought content during a psychotherapeutic session, is a typical example of feelings identification.
15. Asking a client a question is a cognitive stimulus that has minimal reflection of emotional reaction.
16. An individual consists of the five parts that predominantly relate to specific disciplines in the world of psychotherapy.
17. It is always important for a therapist to make sure that she/he uses one part to gain access to personality.
18. When conducting psychotherapeutic sessions, the therapist should make sure that one part of personality is adequately empowered before moving to the other parts.
19. Linear causality in psychotherapy is about strictly adhering to a certain predetermined process.
20. Circular causality is some how similar to linear causality because only a few issues are different.

**SECTION B: INDICATE WHETHER EACH STATEMENT BELOW IS CONDITIONAL RESPONSE (CR) OR CONDITIONAL STIMULUS (CS)**

**OR BOTH, OR UNCONDITIONAL RESPONSE (UCR) OR UNCONDITIONAL STIMULUS (UCS) OR BOTH. WRITE THE ANSWER AGAINST THE NUMBER OF THE QUESTION. e.g. 81=CR**

21. Being with a therapist for the first time eliciting some anxiety in the client.
22. Coming to a well spoken of therapist makes the client believe that already the client has been healed.
23. A client responding positively to the therapeutic sessions and therefore wishing that the sessions are done every day.
24. A client developing some dependency syndrome to a therapist because of positive re-enforcement that is used by the therapist.
25. A therapist failure to keep time makes the client that respect time keeping come late for a therapy session.
26. A therapist crying because the client is crying.
27. A therapist who was obtaining high marks in the Freudian psycho-analysis therapy, believes that it is the best treatment modality.
28. Client's therapy termination phase taking longer than expected as a result .....reflexes.
29. Hypothesis is the best strategy that is used in psychotherapy. This reflects the problem of .....for the therapist.
30. Therapist's failure to use other treatment modalities beside the spiritual model.

**SECTION C: CHOSE THE CORRECT ANSWER THAT BEST DESCRIBES THE SITUATION.**

31. One of the options bellow is a benefit of using psychotherapy.

- a) The client relies on the therapist.
- b) Powerful in minimizing spiritual related problems.
- c) Does not require the therapist to have sophisticated equipment.
- d) Concentration on cognitive than the other parts.

32. Psychotherapy itself is holistic in the sense that:

- a) It consists of the multiple parts of personality.
- b) It allows the utilization of other treatment modalities.
- c) It houses all the parts of an individual.
- d) It allows the therapist and client to be holistic.

33. One of the statements below is a strong psychotherapeutic principle.

- a) Cautiously asking closed ended questions during therapy session.
- b) The depending on themes reflected from clients' stories.
- c) Therapist should assume an expert position when taking a client through a therapy session.
- d) Always making sure that questions are asked following a client's response.

34. Psychotherapy is some how different from counselling because:
- a) Linear causality strategy is applied.
  - b) Linear causality is used in combination with circular causality.
  - c) Circular causality is applied more than linear causality..
  - d) Circular causality is applied.
35. Linear causality in counselling is about making sure that:
- a) The counselling process is followed.
  - b) The working phase is not mixed up and client is not confused.
  - c) The termination phase is done when the client is satisfied.
  - d) The termination phase is done when the therapist is satisfied.
36. According to Corsin's theory of psychotherapy clients learn through;
- a) Accommodation and adaptation,
  - b) Assimilation and accommodation.
  - c) Directly by experiences and cognition.
  - d) Indirectly by symbols and directly by experiences.
37. The functional approach in psychotherapy is the concept of:
- a) Modern psychotherapy.
  - b) The past.
  - c) Post modern psychotherapy.
  - d) None of the above.
38. With modern psychotherapy:
- a) The therapist is an expert.
  - b) The client is an expert.
  - c) Both client and therapist are experts.
  - d) None of the above.
39. The concept of "the client must have a voice" entails that:
- a) Client is free to oppose the therapist
  - b) Client is allowed to ventilate his or her feelings.
  - c) Therapist leads the client by asking questions.
  - d) None of the above..
40. In psychotherapy:
- a) The therapist lead the client.
  - b) The client leads the therapist.
  - c) Both client and therapist lead each other.
  - d) None of the above.

41. The person centre therapy is developed from the theory of:

- a) Rollo May.
- b) Carl Rogers.
- c) Abraham Maslow.
- d) Sigmund Freud

42. Adlerian psychotherapy holds that:

- a) One's life style is sometimes self defeating.
- b) The external environment is responsible for nerve breakdown in individuals.
- c) Deconstruction is the key element of psychotherapy.
- d) Both internal forces are implied to be essential in psychotherapy.

43. The person centred therapy acknowledges that:

- a) Client has the capacity for self direction.
- b) An individual is psychotherapeutized through following the hierarchy of needs.
- c) Past experiences are essential to consider during psychotherapy.
- d) The whole organizes the parts.

44. One of the following psychotherapy statements is a principle of adlerian psychotherapy:

- a) Individuals give meaning to life.
- b) The concept of "the whole organizes the parts is a theoretical fallacy.
- c) Personality development is centred around the intrapersonal science individuals.
- d) None of the above.

45. Supportive therapy is a social science of the:

- a) Internal environment to the external environment.
- b) External environment within external forces.
- c) External environment to the internal environment.
- d) Internal environment within internal forces.

46. The part that is predominantly used during relaxation therapy is the:

- a) Cognitive part.
- b) Physical part.
- c) Emotional part.
- d) Psychosocial part.

47. The synopsis bellow best explains the process in circular causality:

- a) A and B cause B to act on C for C to act on B like wise on A.
- b) A causes B to act on C.

- c) B causes C to act on D for B to act on A.
- d) A cause B to act on A for B to act on C and visa versa.

48. Therapy through enhancement is concerned with:

- a) Empowering the physical part of an individual.
- b) Empowering the internal environment using the forces of the external environment.
- c) Empowering the external to empower the internal forces.
- d) Empowering the internal forces of personality.

49. In psychotherapy it is important that the therapist:

- a) Understand the external forces where the client lives.
- b) Understand both external and internal forces that relate to the client.
- c) Understand the internal forces that disintegrate personality.
- d) Understand the impact of external forces to the internal world.

50. One of the following statements is a strong principle of psychotherapy:

- a) Being able to identify themes reflected from stories of both deconstruction and reconstruction.
- b) Being able to identify themes reflected from stories of deconstructed parts of personality.
- c) Being able to identify themes reflected from stories of reconstructed parts of personality.
- d) Being able to identify themes reflected from stories of external issues of the world where client live.

## QUESTION 2

The five parts of an individual are essential entities during psychotherapeutic interventions. Discuss how a therapist can utilize the physical and spiritual parts of personality during psychotherapy.

- a) Physical part (10 marks)
- b) Spiritual part (5 marks)

## QUESTION 3

In the spiritual point of view the concept of being non-judgemental by a therapist can be observed in patients' responses to therapy through Love and hope. Discuss how faith and hope can be reflected from patients' responses to therapy.

- a) Love (5 marks).
- b) Hope (5 marks)