

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

FINAL EXAMINATION PAPER 2016

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

COURSE CODE : NUR 554

TIME ALLOCATION : 2 HOURS

MARKS ALLOCATION : 75

**INSTRUCTIONS : THIS PAPER CONSISTS OF THREE
QUESTIONS. ANSWER ALL
QUESTIONS.**

QUESTION 1

This question consists of three sections. Answer all the questions in the three sections. Each question is 1 mark. There are 50 questions in all.

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, perceiving and seeing are both cognitive and emotional processes in psychotherapy.
9. Joining in psychotherapy adequately makes 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 not 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 psychotherapeutic session is a typical example of feelings identification.
15. Asking a client a question is a cognitive stimulus that has nothing to do with emotional responses.
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 bellow is conditional response (cr) or conditional stimulus (cs) or both, or unconditional response (unco-r) or unconditional stimulus (unco-s) or both. write the answer against the number of the question. e.g. 81=cr

21. Seeing a therapist for the first time.
22. Coming to a therapist due to the seriousness of a stressor.
23. A client responding positive to the first therapeutic session.
24. A client developing some dependency syndrome to a therapist.
25. A client coping the habit of not keeping time because the therapist does not keep time.
26. A therapist crying because the client is crying.
27. A therapist who was trained 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 of.....reflexes.
29. Hypothesis is the best strategy that is used in psychotherapy. This reflects the problem offor the therapist. Use other treatment modalities
30. Therapist's failure to use other treatment modalities beside the spiritual model.

SECTION C: Choosing the correct option among the options provided for each question.

31. One of the options bellow is a benefit of using psychotherapy.
 - a) The client relies on the therapist.
 - b) Powerful in minimising 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 utilisation 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 bellow 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 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 leads the client.
- b) The client leads the therapist.
- c) Both client and therapist lead each other.
- d) None of the above.

41. The person centred 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 psychotherapeutised 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 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 live.
- b) Understand the 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.

50 marks

QUESTION 2

Cognition, Behaviour and Affection are important key elements of psychotherapy. These components can be used during psychotherapy process. Discuss the importance of the following concepts in psychotherapy:

- 2.1 Cognition (10 marks)
- 2.2 Behaviour (10 marks)
- 2.3 Affection (5 marks)

25 marks