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-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)

[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]