

**UNIVERSITY OF FORT HARE (ALICE CAMPUS)**

**PSY 311**

**AEGROTAT/ SUPPLEMENTARY EXAMINATION**

**JANUARY /FEBRUARY 2019**

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**TIME : 3 HOURS**

**SUBJECT : PSYCHOLOGY**

**PAPER : PSYCHOPATHOLOGY AND COUNSELLING PSYCHOLOGY**

**MARKS : 100**

**This paper consists of 7 pages including the cover page.**

**Internal Examiners**

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**External Examiner**

Dr G.H. Schwar (UJ)

**INSTRUCTIONS**

1. Write your student number, surname and initials on the Examination Booklet.
2. Read the special instructions for each question.
3. It is in your best interest to write clearly and legibly.
4. Section A: Question 1 is compulsory
5. Section A: Choose either question 2 or question 3.
6. Section B: Answer ONE of the two questions.

## SECTION A (PSYCHOPATHOLOGY)

### QUESTION 1: (COMPULSORY)

Read the case study below and answer the questions that follow

*Paul is a 43- year male. He has various academic degrees, is an attorney by profession and works for a large firm. By all accounts, he is relatively successful in his work, but feels that he is stuck and has no real career prospects. He was divorced approximately five years ago and has two sons, aged 9 and 14, whom he sees on a regular basis. He has extreme feelings of guilt about how the divorce may have adversely affected his children. He has had multiple sexual relationships since the divorce, but these only lasted for a couple of months at a time as he has difficulty committing to a relationship for fear that it may not succeed. He has no financial, work, or relationship problems that are out of the ordinary. Recently, he has suffered from insomnia, has lost his appetite, has difficulty concentrating, and generally feels tired and demotivated. As a result, he went to see the doctor, thinking that the changes in his functioning were due to stress. During the clinical interview, the following facts, signs and symptoms emerged:*

- His maternal grandmother suffered from severe depression and was on occasion hospitalised for this, mainly because she was suicidal and could no longer function on her own. There may even have been a psychotic episode, but this was never confirmed.
- His maternal uncle may also suffered from depression, but never received any treatment.
- Paul himself frequently feels down without any apparent reason.
- Typically, when he feels down he is also tired and demotivated; however, he forces himself to get out of bed and go to work during the week. During weekends, he often remains in bed for the whole of the weekend.
- Although he feels tired, he has fallen asleep and waking up early in the morning. According to him, this is because he has difficulty 'switching his brain off' and he often just lies in bed thinking. The problem is, however, that these thoughts are mainly negative.
- He describes himself as being lazy and prone to procrastination, but on further enquiry admitted to a lack of concentration as well.
- There have been times that he has contemplated suicide, but out of a sense of responsibility and duty to his sons, he has never acted on these thoughts.

1.1 Identify Paul's condition and describe the symptoms that he has exemplified. (6)

1.2 Critically analyse Paul's mental illness according to six dimensions of Ryff's psychological well-being model by extracting statements from the case-study to support your argument(s) (6)

1.3 Discuss the aetiology of Paul 's condition under the following perspectives:

1.3.1 Biomedical (5)

1.3.2 Social and socio-cultural (4)

1.4 As a prospective mental wellness practitioner, can you say Paul is flourishing? Elaborate. (4)

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**CHOOSE QUESTION 2 OR QUESTION 3**

**QUESTION 2**

2.1 Discuss the 3 negative symptoms of schizophrenia and explain how they differ from amafufunyane. (10)

2.2. Discuss 5 types of anxiety disorders and their causal factors. (15)

[25]

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**OR**

**QUESTION 3**

3.1 Read the case- study and answer the questions that follow.

*“Magdeline is a 15 year old girl who has been admitted to the adolescent ward of a psychiatric hospital. She is standing in the corridor with her hands above her head. She assumed this position before breakfast and is still standing like this by bedtime. She has resisted all attempts to move her or make her more comfortable. Magdeline has not eaten the whole day. She has also not controlled her bladder or bowel functions”.*

- 3.1.1 Identify and discuss the symptoms of the disorder exemplified by Magdeline. (4)
- 3.1.2. How does Magdeline's condition differ from paranoid and hebephrenic schizophrenia? (6)
- 3.1.3 From socio- cultural point of view, what could be the causal factor(s) of Magdeline's condition? (4)
- 3.2 Explain the following concepts from abnormal psychological perspective:
- 3.2.1 Autoscopy (2)
  - 3.2.2 Rumination (2)
  - 3.3.3 Dissociative trance (3)
  - 3.3.4 Repression (2)
  - 3.3.5 Postpartum depression (2)

[25]

SECTION A: [50]

## SECTION B

Answer either Question 1B OR Question 2B and answer everything from Question 3.

### QUESTION 1B

Discuss the therapeutic goals, the therapist's function and role as well as the core conditions of the person-centered approach. Comment on the strengths of the approach from a diversity perspective and mention some of the limitations and criticisms of the approach.

QUESTION 1A: SUBTOTAL /25

OR

## QUESTION 2 B

2.2 Describe cognitive behavior therapy, include in your discussion the role of the therapist and also include at least five techniques which are consistent with theoretical orientation of this approach. (15)

2.3 Read the case study below:

*Angie is a counsellor who is talking to Tamsin, soon after she has had a miscarriage at 20 weeks' gestation. Angie is genuinely trying to help Tamsin feel more positive about the future. She makes various comments about the fact that at 28 she is still young, there is plenty of time to have other children, plus it would have been far more traumatic if she had lost this child once she was born and that these things often happen for a reason. Tamsin becomes increasingly distressed and angry because she feels that the importance of her loss is being minimised, and that the identity of the daughter that she would have had is not being recognised.*

2.3.1 Angie is lacking a crucial therapeutic skill according to the person-centered approach. What skill is Angie lacking? (2)

2.3.2 Name 4 other skills (associated with the skill that Angie is lacking) that Angie could have utilized when dealing with Tamsin. (4)

2.4 Name 4 goals of the person-centered approach. (4)

**QUESTION 1B: SUBTOTAL /25**

## QUESTION 3 (Compulsory)

Read the case study below and answer all the questions.

*Sarah a 14 year old girl had been attending counseling sessions with Dr Joubert for the past 3 weeks because of anger outbursts. Dr Joubert, who is dating Sarah's mother for the past 2 months, offered to counsel Sarah when he heard about the problem. Dr Joubert*

*however stresses that under no circumstances is he allowed to share any information with Sarah's mother regarding Sarah. Sarah accepts his offer as Dr Joubert is also seeing her best friend Thembi who speaks highly of Dr Joubert. Sarah trusts Dr Joubert and finds it easy to talk to him. She shared with Dr Joubert that she's 5 weeks pregnant and is confused about what to do. She does not want her mother to know about the pregnancy. Dr Joubert advises Sarah to have an abortion as he knows how Sarah's mother will react to the pregnancy if she had to find out. Thembi discloses in therapy that she is worried about Sarah. Dr Joubert assumes that Thembi knows about Sarah's pregnancy and suggest she should encourage Sarah to have an abortion. Thembi suspected Sarah to be pregnant and confronts her. Thembi values Dr Joubert advises and encourages Sarah to have an abortion. Sarah decides to have an abortion. After the abortion, Sarah suffers from post-abortion syndrome, and Dr Joubert witnesses symptoms of depression and suicidal thoughts during therapy. Dr Joubert decides to withhold that information from Sarah's mother and suggests to Sarah's mother that Sarah should rather see a female therapist. Dr Joubert terminates therapy without telling Sarah about it.*

3.1 Discuss the ethically problematic situations as specified according to the code of ethics and reflect on the actions that could have been taken in each situation. (20)

3.2 Do you agree with Dr Joubert terminating his service? Give reasons for your answer. (5)

**QUESTION 3: SUBTOTAL /25**

<b>TOTAL: /50</b>
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