

University of Fort Hare
Department of Psychology
East London Campus

PSY 523E
PSYCHOTHERAPY

MAIN EXAMINATION

OCTOBER/NOVEMBER 2019

Time: 3 hours
Subject: Psychotherapy
Total Marks: 100

This examination paper consists of 4 pages, including the cover page.

Internal Examiners

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Dr M. Makupula
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External Examiner

Dr M. Card

INSTRUCTIONS

1. Write your student number, surname and initials on the Examination Booklet provided.
2. This examination has 6 questions.
3. Questions 1, 2, 3 and 4 are compulsory
4. In Questions 5 and 6 you have a choice. Answer **either** Question 5 **or** Question 6

Question 1

(Compulsory)

Compare and contrast traditional Psychoanalytic approaches and Narrative approaches with regard to their application in diverse / multicultural societies. Touch on the strengths and weaknesses of each approach. (20)

Question 2

(Compulsory)

One of the most notable contributions of Carl Rogers to counselling in general is his assertion that there are three core conditions in therapy that create a growth-promoting climate in which individuals can move forward and become what they are capable of becoming:

- 2.1. Name and discuss each of these core conditions in detail. /15/
 - 2.2. As a psychologist practising in South Africa, what are some of the criticisms you would have against Carl Roger's counselling approach? /5/
- (20)

Question 3.

(Compulsory)

Unathi is a 31year-old-professional who works in a 3rd floor office in a Durban high-rise building. Although her office has such a beautiful view of Durban beach, in her 5years working in this building she has never stood on her balcony to admire this view due to her fear of heights. Recently she almost suffocated in her office when it caught fire as she could not bring herself to go down the ladder which was put on the balcony. Following this incident Unathi was referred for counselling to deal with her fears.

As a psychologist who has been trained in Rational Emotive Behaviour Therapy (REBT):

- 3.1. What are the goals of REBT? /5/
 - 3.2. What techniques and interventions would you consider using to assist Unathi? Give practical examples of your interventions, relevant to Unathi and her situation. For each technique that you choose, what would you want to achieve? Justify your choice of intervention. /15/
- (20)

Question 4

(Compulsory)

You are a psychologist working for Mercedes-Benz. Sam Zwane has been working for the company for 15 years. In the last 12 months, his line manager has been complaining time and again that Mr Zwane's level of functioning and quality of work has dropped significantly. You are asked to assess Mr Zwane and provide a report to Human Resources so that they can put into place a plan regarding Mr Zwane's situation.

1.1. Keeping in mind issues of confidentiality between client and practitioner, as well as your obligations to your employer, how would you address this request? /10/

1.2. In which situations would disclosure of personal information without client consent be justifiable? Briefly discuss and give examples. /5/

(15)

Answer either Question 5 OR Question 6

Question 5

One of the main criticisms in cross-cultural counselling is that focus has always been on a restricted definition of culture in terms of only race and ethnicity, with other dimensions of personal cultural identity such as gender, sexual orientation etc., being excluded or marginalised.

6.1. Briefly discuss the factors that are regarded by Collins & Arthur (2010) as central to personal cultural identity. /10/

6.2. Discuss the multicultural competencies proposed by Collins & Arthur (2010) in their culture-infused counselling model, taking into consideration the three domains of:

6.2.1. Cultural awareness – self (Domain I) /5/

6.2.2. Cultural awareness – other (Domain II) /5/

6.2.3. Culturally sensitive working alliance (Domain III) /5/

(25)

OR

Question 6

The integration of spirituality into therapeutic work can be mutually transformative and gratifying for both client and therapist (Trautmann, 2003).

Discuss how you would integrate spirituality and psychotherapy in your work, touching on:

5.1. One of the structured approaches you can use to enquire about client spirituality. /5/

5.2. The premises underpinning the approach to integrating spirituality to counselling and psychotherapy. /20/

(25)

TOTAL MARKS = 100

END OF EXAMINATION