

**FACULTY OF SOCIAL SCIENCES AND HUMANITIES
DEPARTMENT OF PSYCHOLOGY**

PSY523

**NOVEMBER FINAL EXAMINATION
2025**

TIME : 3 HOURS
SUBJECT : PSYCHOTHERAPY AND COUNSELLING PSYCHOLOGY
MARKS : 100



This paper consists of 4 pages including the cover page.

University of Fort Hare
Together in Excellence

Internal Examiners

Mrs. S Sharma

Dr R Marais

External Examiner

Ms T Koti

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. This paper consists of 2 sections A & B. There are 5 questions. Question 1 to 3 in Section A is compulsory . In Section B choose between question 4 or question 5.
Answer ONLY 4 questions!

SECTION A

Answer all 3 compulsory questions in this section.

QUESTION 1 (COMPULSORY)

- 1.1. Discuss the therapeutic goals of the Person-centered-approach by Carl Rogers (10)
- 1.2. Describe the relationship between the therapist and client in the Person-Centered-Approach. (10)
- 1.3. What are the shortcomings from the person-centered-multicultural perspective? (5)

[25]

QUESTION 2 (COMPULSORY)

- 2.1. Discuss the role and function of the counsellor from an Adlerian approach (a type of short-term Psychodynamic approach). (10)
- 2.2. Explain and discuss the four phases of therapeutic techniques and procedures from the Adlerian Therapeutic perspective. (15)

[25]

QUESTION 3 (COMPULSORY)

Cindy, a final year university student, was diagnosed with epilepsy. The disability unit suggested she shares her accommodation at the student Residence with a roommate for her own safety, although she was entitled to a single room. Cindy has low self-esteem and loss of confidence because of her condition and therefore goes for psychological counselling. She asked the psychologist to motivate on her behalf to be moved to a single room for her own mental wellbeing, as she tends to get embarrassed whenever she has an attack in the presence of her roommate.

- 3.1. Identify the ethical problem and ethical dilemma from the above case scenario (10)

- 3.2. What are the ethical considerations in this case? (5)
- 3.3. As a psychologist making the right decision that would be in the best interest of the client in the above case scenario, answer the questions below:
- 3.3.1. Which approach would you use "intuition" or "critical evaluation"? (2)
- 3.3.2. Explain why you chose that approach. (4)
- 3.3.3. How will the chosen approach resolve the ethical dilemma in the above case scenario? (4)

[25]

SECTION B

USE THE CASE STUDY BELOW TO ANSWER EITHER QUESTION 4 OR 5 BELOW.



CASE STUDY

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Khanya, a 22-year-old third year law student, grew up as an orphan and was raised by extended family. The family she lived with treated Khanya as house help and never regarded her as a family member. She had to do house chores and take care of their children after school. She was obedient and respectful although she was constantly reminded that she should be grateful for the accommodation and food she was given and therefore had to take on responsibility in gratitude for their kindness. She had no one that showed her love, affection or concern about her academic performance. She moved to the university resident after matric and was independent for the first time. She had three failed relationships. In her last relationship, her partner forced her to indulge in Risky Sexual behavior. She was afraid to set boundaries for fear of losing him. She became pregnant and when her partner found out he denied paternity and became very aggressive and ended the relationship immediately. She was alone and afraid, so she decided to terminate the pregnancy. Khanya has been emotionally disturbed and very sad ever since. She keeps to herself for fear of being judged. She blames herself for her situation and is preoccupied with much negative speech.

QUESTION 4

From a Cognitive Behavioral Perspective answer the questions below:

- 4.1. What is Khanya's core belief and thought patterns? (5)
- 4.2. Explain how she formulated those negative thoughts based on her life experience. (5)
- 4.3. Discusses the CBT therapeutic process and application of the therapeutic techniques. (15)

[25]

OR

QUESTION 5

Use the Gestalt therapy perspective and answer the questions below:

- 5.1. What are the principles of Gestalt therapy? (5)
- 5.2. Briefly explain what contact boundary disturbance does Khanya use as a coping process? (5)
- 5.3. As a Gestalt therapist what would be your function and role in therapy? (7)
- 5.4. Describe the type of relationship you would have with Khanya as your client. (8)

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Good luck!!!