

University of Fort Hare
Department of Psychology
East London Campus

PSY 311E
Psychopathology and Counselling Psychology

SPECIAL EXAMINATION 2020

Time: 3 hours
Subject: Psychology 3
Total Marks: 100

This examination paper consists of 5 pages, including the cover page.

Internal Examiners

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INSTRUCTIONS

1. Write your student number, surname and initials on the Examination Booklet provided.
2. Answer all the questions in the Answer Booklet provided.
3. This paper consists of two (2) sections: Section A (Psychopathology) and Section B (Counselling). Take care to read the special instructions for each section.

SECTION A: PSYCHOPATHOLOGY (50 Marks)

4. This section consists of five (5) questions.
5. Questions 1 and 2 are **COMPULSORY**. Answer **both** of them.
6. In Questions 3, 4 and 5 you have a **CHOICE**. Answer only **ONE** question from the three.

SECTION B: COUNSELLING PSYCHOLOGY (50 Marks)

7. This section consists of four (4) questions
8. Questions 6 and 7 are **COMPULSORY**. Answer **both** of them.
9. In Questions 8 and 9 you have a **CHOICE**. Answer **EITHER** Question 8 or Question 9.

SECTION A: PSYCHOPATHOLOGY

QUESTION 1

(Compulsory)

Define the following terms:

- 1.1. Psychopathology
- 1.2. Dissociation
- 1.3. Substance dependence
- 1.4. Enuresis
- 1.5. Anxiety

(10)

QUESTION 2

(Compulsory)

Read the following case study and answer the questions that follow:

For over a week in late May 1999, a group of girls attending St. John's College, a church school with over a thousand pupils in Mthatha in the Eastern Cape Province started behaving strangely: they screamed, foamed at the mouth, fainted and jerked. Newspaper reports spoke of an 'outbreak of hysteria'. No boys were affected. Whilst initially sceptical, fearing the looming June examinations had precipitated a large-scale hoax, the principal eventually obliged to appeal to the church to intervene.

The Anglican Archdeacon called upon was frustrated at his first attempts at exorcism and noted that 'the spirit was moving from one girl to another' where they had been gathered in one classroom. Subsequently he set about doing individual exorcisms. Shortly thereafter thirty-two girls were admitted to the provincial hospital. Twenty-five were effectively sedated and discharged home; four were observed in casualty; two admitted to the internal medicine unit for 'suspected but unspecified illness' and one was referred to the psychiatric unit. A hospital spokesman described the girls as 'being in a very hysterical state'. The school was closed for a week following the exorcism.

Although newspapers reported this phenomenon as 'possession by evil spirits', they also reflected the public's ambivalence regarding the supernatural. An alternative context soon emerged, one that was sociological and secular. It highlighted the tense relationship between religion and mental health in a context of rapid social change, and the transition from traditional society to the often confusing urbanised, competitive western culture.

- 2.1. Name and define the condition experienced by the learners in this case study. /2/
- 2.2. How will the African perspective explain the condition experienced by the learners in this case study. /2/
- 2.3. Which cosmic level in the African Personality theory will be attributed to the development of the learners' condition. /1/
- 2.4 From the case study list the four different treatment/referral methods used by the hospital in managing the admitted girls. /4/
- 2.5 Which treatment method did the Archdeacon utilise? /1/
- 2.6 Explain how **any of the three** principles used by traditional healers would be applied in this case in order to bring about healing. /6/
- 2.7 'Although newspapers reported this phenomenon as 'possession by evil spirits', they also reflected the public's ambivalence regarding the supernatural.'
Critically comment on the above sentence from the case study. /4/
- (20)

In Question 3, 4 and 5 you have a CHOICE. Answer only ONE question from the three.

QUESTION 3

Describe the clinical manifestations of bulimia nervosa and anorexia nervosa, using the following guidelines:

- 3.1. The clinical features. /5/
- 3.2. The aetiology (causes) /5/
- 3.3. Medical consequences /5/
- 3.2 Based on the aetiology of the two disorders referred to in 3.1 above, discuss how you would manage a talk on beauty and culture to a group of teenage girls as a mental health promoter. /5/
- (20)

OR

QUESTION 4

- 4.1 Discuss any five (5) causes of mood disorders from the psychosocial perspectives. /10/
- 4.2 Discuss how social support can protect a person from developing a mood disorder. /2/
- 4.3 In a table format, differentiate between a major depressive episode and a manic episode in terms of:

- 4.3.1. emotional symptoms
- 4.3.2. cognitive symptoms
- 4.3.3. behavioural symptoms
- 4.3.4. physical symptoms

/8/
(20)

OR

QUESTION 5

- 5.1 Briefly discuss the different types of enuresis and encopresis /12/
- 5.2 Identify two treatment options for encopresis /4/
- 5.3 Discuss how you would give a talk on toilet training to young mothers in order to prevent the risk of their children developing elimination disorders. /4/

(20)

SECTION B: COUNSELLING PSYCHOLOGY

QUESTION 6

(Compulsory)

As a psychoanalytic therapist there are several techniques you are likely to use in therapy with your client. Discuss the three techniques indicated below:

- 6.1. Maintaining the analytical framework /5/
- 6.2. Free Association /5/
- 6.3. Dream Analysis /5/

(15)

QUESTION 7

(Compulsory)

According to Carl Rogers there are THREE core conditions that are an integral part of the therapeutic relationship. Discuss these. /15/

(30)

In Questions 8 and 9 you have a CHOICE. Answer EITHER Question 8 or 9.

QUESTION 8

Rational Emotive Behavioural Therapy (REBT) is based on the assumptions that human beings are born with a potential for both rational or straight thinking, and irrational or crooked thinking.

Discuss REBT under the following headings:

- | | |
|-------------------------------------|------|
| 8.1. View of emotional disturbance | /5/ |
| 8.2. Therapeutic goals. | /5/ |
| 8.3. Therapist's function and role. | /4/ |
| 8.4. Therapeutic techniques. | /6/ |
| | (20) |

OR

QUESTION 9

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

TOTAL MARKS = 100

END OF EXAMINATION