



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING AND MIDWIFERY SCIENCES
ADVANCED DIPLOMA IN MENTAL HEALTH PRACTICE
END OF SEPTEMBER -DECEMBER TRIMESTER EXAMINATIONS 2022**

ADMHP104 : Theoretical Approaches to Therapy and Practicum

Date: Monday, 5th December 2022

Time: 2 Hours

START: 4:00 p.m.

FINISH: 6:00 p.m.

Instructions

1. Write your University registration number on every booklet that you use
2. Do not write on the question paper
3. All questions all compulsory

SECTION A: Short Answer Questions (20 Marks)

1. a) Mention three theoretical approaches to counselling. (3 marks)
- b) Differentiate between process and content affect. (2 marks)
- c) List down three core conditions in person- centered therapy. (3 marks)
- d) Give three interpersonal conflicts as stipulated in interpersonal therapy (IPT). (3 marks)
- e) Discuss the concept of “quality world” in choice theory. (3 marks)
- f) Describe three cognitive distortions. (6 marks)

SECTION B: Long Easy Questions (40 Marks)

- 2 Read the case study below and explain how you would apply the “**WDEP System**” (**reality therapy**) in order to help Kevin, have a better understanding of the role he plays in his situation. (8 marks)

Kevin is seeking counseling due to reported, "anger outbursts." He states that he becomes so angry with his girlfriend that he thinks of physically harming her, although he does not remember anything that she does specifically to provoke his anger. He denies any physical violence but has gone as far as lifting a stool and threatening to throw it at her. He reports feeling relief after engaging in verbal abuse and emotional “explosion”. Kevin admits that he is fearful that his girlfriend would leave him due to his unbearable behavior. Kevin reports that they do not communicate well, she loves him, cares and supports him. Kevin is an engineer and is very intelligent. He also discusses feeling extremely sad, fatigued, lack of sleep and worries that he might be depressed and yet he puts on a "game face" to do his work.

- a) Explain any three techniques in interpersonal therapy. (6 marks)
 - b) Discuss three basic needs as stipulated in choice theory. (6 marks)
3. a) Examine the concept of total behavior according to Glasser. (8 marks)
 - b) Discuss three techniques in cognitive behavior therapy. (6 marks)
 - c) Explain the theory of psychopathology as stipulated in the following therapeutic approaches:
 - i) Person- centred theory (2 mark)
 - ii) Rational emotive behavioural therapy (2 mark)
 - iii) Interpersonal therapy (2mark)