



AMREF INTERNATIONAL UNIVERSITY
UNIVERSITY EXAMINATIONS
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF HEALTH PSYCHOLOGY
APPLIED DIPLOMA IN MENTAL HEALTH PRACTICE

SEPTEMBER/DECEMBER 2023 SEMESTER EXAMINATION

Course Code: ADMHP104-Theoretical Approaches to Therapy & Practicum

Time: 2 Hours, 4:15pm to 6:15pm

Monday: 4th December 2023

Instructions

1. Write your University registration number on every booklet that you use
2. **Do Not** write on the question paper
3. Use the back of your answer booklet for rough work if need be.
4. This exam is marked out of **60 marks**
5. This Examination comprises Sections A and B
6. Read carefully additional instructions preceding each section

SECTION A: SHORT ANSWER QUESTIONS**(20 Marks)****Q.1.**

- a) Mention three interpersonal conflicts as stipulated in Interpersonal Therapy (3 marks)
- b) State three (3) core conditions necessary for an effective therapist in person-centered therapy. (3 marks)
- c) Give three theoretical approaches to counselling. (3 marks)
- d) State three cognitive distortions (3 marks)
- e) State Distinguish between the id, ego, and superego. (3 marks)
- f) Discuss one principle of Gestalt theory (2 marks)
- g) Discuss the concept of “quality world” in choice theory (3 marks)

SECTION B: LONG ANSWER QUESTION**(40 MARKS)****Q2**

John, is a 18 year old high school student. He is in form three and was suspended from school after he was caught smoking marijuana in the company of his 3 friends. His peers at home introduced him to marijuana after their initiation ceremony. John is the first-born, has two other siblings, and demands that they should respect him. This has resulted to constant conflicts and animosity in the family. In 2019, his father separated with the mother who does menial jobs to sustain the family. He believes that he must smoke marijuana in order to be accepted by his friends. His academic performance has been deteriorating. John’s mother is overly concerned over his deteriorating academic performance and frequent anger outbursts displayed in school and at home. John loves playing football and is a member of the football team in school. His mother has been supportive. He desires to change in order to support his family.

- a) Identify two irrational beliefs as reflected by John. (2 marks)
- b) Outline three(3) problems or issues you can identify from the above scenario (3 marks)
- c) Write down John’s Case Formulation (5 marks)

d) Describe how you would use ABCDE Model to help John dispute his irrational beliefs.

(10 marks)

Q3.

a) Analyse the concept of total behaviour according to Glasser.

(8 marks)

b) Discuss three(3) basic needs as stipulated in choice theory.
marks)

(6

c) Examine any three(3) techniques in cognitive behaviour therapy.

(6

marks)

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