



AMREF INTERNATIONAL UNIVERSITY

SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES
END OF SEMESTER: SEPTEMBER - DECEMBER 2024
ADVANCED DIPLOMA IN APPLIED MENTAL HEALTH PRACTICE

COURSE CODE AND TITLE: ADMH104; Theoretical Approaches to Therapy & Practicum

DATE: Monday, 2nd December 2024

DURATION: 2 HOURS **START:** 4:00 PM **FINISH:** 6:00 PM

INSTRUCTIONS

1. This exam is out of 60 marks
2. This Examination comprises TWO Sections. Section I: Short Answer Questions (20 marks). Section II: Essay Questions (40 marks)
3. Answer ALL Questions.
4. Do NOT write anything on the question paper. Use the BACK OF YOUR BOOKLET for rough work if need be.

SECTION I: SHORT ANSWER QUESTIONS (20 MARKS)

1. State three (3) basic needs as stipulated in choice theory. (3 marks)
2. Outline three (3) theoretical approaches to counselling. (3 marks)
3. Define the following concepts in counselling;
 - a. Transference (2 marks)
 - b. Unfinished business (2 marks)
4. State three (3) cognitive distortions (3 marks)
5. Outline three (3) characteristics of ego defence mechanisms. (3 marks)
6. Discuss one (1) principle of Gestalt theory (2 marks)
7. Outline two (2) core conditions necessary for an effective therapist in person-centered therapy. (2 marks)

SECTION II: LONG ANSWER QUESTIONS (40 MARKS)

8. Gladys, is a 17-year-old high school student. She is in form two and was suspended from school after she was caught smoking bang in the dormitory in the company of her 2 friends. She believes that she is overweight hence not beautiful. Her peers at home introduced her to bang one year ago while attending a birthday party. Gladys is the first-born, has three other siblings, and demands that they should respect her. This has resulted to constant conflicts and animosity in the family. In 2020, her father separated with the mother who does menial jobs to sustain the family. She believes that she must smoke bang in order to be accepted by her friends. Her academic performance has been deteriorating from a B plus to D. Gladys's mother and grandfather are overly concerned over her deteriorating academic performance and frequent anger outbursts displayed at home and in school. Gladys loves singing and is a member of youth choir in her church and participates in school drama festivals. Her mother and grandfather have been supportive. She desires to change in order to support her family.
 - a) Outline two (2) irrational beliefs as reflected by Gladys. (2 marks)
 - b) Identify problems or issues arising from Gladys case? (3 marks)
 - c) Write down Gladys's Case Formulation (5 marks)
 - d) Describe how you would use ABCDE Model to help Gladys dispute her irrational beliefs. (10 marks)

9. Regarding interpersonal relationships;-

a) Discuss two (2) components/steps in the process of disputing irrational beliefs.(4 marks)

b) Explain two (2) levels of a psychoanalytic mind as discussed by Sigmund Freud. (4 marks)

c) Describe three (3) interpersonal conflicts as stipulated in interpersonal therapy (IPT) (6 marks)

d) Explain three (3) techniques in cognitive behaviour therapy. (6 marks)

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