



**AMREF INTERNATIONAL UNIVERSITY
UNIVERSITY EXAMINATIONS
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF HEALTH PSYCHOLOGY
2026 ACADEMIC YEAR: JANUARY/APRIL 2026 SEMESTER EXAMINATION**

COURSE CODE: ADMHP 104

COURSE TITLE: THEORETICAL APPROACHES TO THERAPY & PRACTICUM

DATE: 13TH APRIL 2026

TIME: 2 HOURS start: 4pm stop 6pm

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
4. Read carefully additional instructions preceding each section

SECTION A: SHORT ANSWER QUESTIONS (20 MARKS)

Question 1.

- a) List down two basic needs as stipulated in choice theory. (2 marks)
- b) List down two cognitive distortions (2 marks)
- c) Mention two phases in the process of behaviour change (2 marks)
- d) State two caring habits as stipulated in reality therapy (2 marks)
- e) Define the following concepts in counselling:
 - i) Defence mechanism (2 marks)
 - ii) Unfinished business (2 marks)
- f) Give two characteristics of ego defence mechanisms (2 marks)
- g) Mention two theoretical approaches to counselling (2 marks)
- h) State two parts of a psychoanalytic mind (2 marks)
- i) State two components of total behaviour as stipulated by Glaser (2 marks)

SECTION B: LONG EASY QUESTIONS (40 MARKS)

Question 2.

Jane, is a 19-year-old senior school student. She is in grade 12 and was suspended from school after she was caught smoking cocaine in the school compound at night in the company of her friend. She believes that she is ugly hence hates herself. Her peers at home introduced her to cocaine four months ago while attending a birthday party. Jane is the second-born, has one other sibling, and believes that her mother favours the first born. This has resulted to constant conflicts and animosity in the family. She believes that she must smoke cocaine in order to be accepted by her friends and to feel important. Her academic performance has been deteriorating from B plus to D minus. Janes' father and grandmother are overly concerned over her deteriorating academic performance and frequent anger outbursts displayed at home and in school. Jane loves singing and is a member of praise and worship team both in school and in her church. Her father and grandmother have been supportive. She desires to change in order to pursue her dream of becoming a medical doctor.

- a) Identify two irrational beliefs as reflected by Jane. (2 marks)
- b) Identify problems or issues can you identify from Jane? (3 marks)
- c) Write down Janes's Case Formulation (5 marks)
- d) Describe how you would use ABCDE Model to help Jane. (10 marks)

Question 3.

- a) Explain two core conditions necessary for an effective therapist in person-centred therapy. (4 marks)
- b) Describe two interpersonal conflicts as stipulated in interpersonal therapy (IPT) (4 marks)
- c) Describe the distinction between the id, ego, and superego. (6 marks)
- c) Discuss any three techniques in cognitive behaviour therapy. (6 marks)

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