



UNIVERSITY OF JOHANNESBURG

NOVEMBER 2021 EXAMINATION

COURSE: BA PSYCHOLOGY **TIME:** 180 MINS

QUESTION PAPER: THERAPEUTIC MODELS 3F **MARKS:** 100

SUBJECT CODE: PSY3F21 & PSY3FB3

EXAMINERS:
1. Dr S. Dlamini
2. Dr N. Joosub

EXTERNAL EXAMINER: 1. Prof. Mario Smith
(University of the Western Cape)

(THIS PAPER CONSISTS OF 6 PAGES)

INSTRUCTIONS

This is the Online Final Assessment for THERAPUETIC MODELS 3F. This assessment opens at **12:30 to 15:30**. The time allowance for this assessment is up to **3 hours**. Please do not wait until the last 30 mins prior to submission as the system could be delayed if all students want to submit at the same time.

- 1) Answer all questions in spaces provided on the computer answer sheet
- 2) Make sure that you have stable internet connection throughout the exam
- 3) Make sure that you have a computer with power to last the duration of the exam
- 4) This assessment is an **Individual** final assessment for this module. **No** group work, assistance or collaboration is allowed in completing the assessment.
- 5) Please keep in mind that **technical support** from UJ CAT or Blackboard is **unlikely to be available** after 16h30 on weekday and is not available over weekends.

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1. ANSWER SECTIONS A, B, C & D IN SPACES PROVIDED
 2. SECTION A: ANSWER **ALL** QUESTIONS
 3. SECTION B: ANSWER **ALL** OF THE FOUR QUESTIONS
 4. SECTION C: ANSWER **ONE (1)** OF THE TWO QUESTIONS
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NAME + SURNAME:	
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Section A: Multiple Choice Questions

Complete **All** Questions

- 1) Confidentiality *must* be breached and information *must* be reported by practitioners when any of the following take place, *except*:
 - a. clients pose a danger to others.
 - b. a child under the age of 16 requests counselling sessions.
 - c. an older adult is being abused.
 - d. the therapist determines that the client needs immediate, involuntary hospitalisation.
 - e. None of the above

- 2) In becoming an ethical practitioner, it is important to:
 - a. learn how to arrive at clear-cut answers for difficult situations.
 - b. identify a specific ethics code as the source of answers to ethical dilemmas.
 - c. exercise careful judgement when it comes to interpreting and applying ethical principles to specific situations.
 - d. avoid making any mistakes in counselling practice.
 - e. Not pay attention to the client's problems

- 3) The ethics codes do not specify that dual or multiple relationships:
 - a. should be avoided or that nonsexual multiple relationships are unethical.
 - b. are clearly grounds for losing your right to practise.
 - c. are helpful if you are counselling your friends or relatives.
 - d. are impossible to avoid.
 - e. All of the above

- 4) Clients have a right to know about _____ before making highly personal disclosures.
 - a. their therapist's qualifications and personal information
 - b. the general goals of the therapist during personal counselling
 - c. the approximate length and details of the therapist's personal relationships
 - d. limits of confidentiality
 - e. None of the above

- 5) Mpho, a therapist in a community agency, recently divorced his wife and seems to be angry towards women in general. His colleagues, who have noticed a change in his attitude and behaviour lately, have encouraged him to seek personal counselling to work through his issues. They are:
 - a. overreacting to his anger and are overstepping the boundaries by suggesting he goes to counselling.
 - b. unwise to suggest counselling since he will not benefit from it because he is a therapist and already knows how to deal with his problems.
 - c. acting ethically by recommending counselling for Mpho; as counsellors, they recognise that personal issues that have not been worked through are likely to be projected onto clients.
 - d. being unsupportive colleagues; since they are aware of his situation, they should offer to provide counselling to him and not refer him to a professional outside of the agency.
 - e. a&c

- 6) The creation of the self, which dominated the modernist search for human essence and truth:**
- a. is being replaced by postmodernists with the concept of socially storied lives.
 - b. is also a key concept of the postmodern approaches.
 - c. is more relevant in the narrative approach than it is in solution-oriented therapy.
 - d. has proven to be completely irrelevant to all counsellors and therapists practising today.
 - e. Is the most important development in psychotherapy
- 7) A limitation of the postmodern approaches is:**
- a. therapists require extensive training in providing brief therapy.
 - b. inexperienced therapists may over rely on techniques and appear mechanistic.
 - c. the use of open-ended questioning.
 - d. its lack of applicability to group counselling.
 - e. All of the above
- 8) The solution-focused brief therapy therapeutic process rests on the foundation that clients are:**
- a. in need of an expert.
 - b. unable to make decisions.
 - c. the experts on their own lives.
 - d. passive participants in their journey.
 - e. None of the above
- 9) How do narrative therapists suggest that individuals can reconstruct their past?**
- a. by exploring new stories in the present
 - b. by discussing their childhoods with their therapists
 - c. by ignoring the difficult aspects of the past
 - d. by imagining new situations
 - e. b&d
- 10) It is within the scope of SFBT practice to allow for some discussion of _____ to validate clients' experience.**
- a. presenting problems
 - b. behavioural issues in the past
 - c. therapist personal issues
 - d. past issues
 - e. the therapists' feelings
- 11) All of the following are true as they apply to self-instructional training, *except* that:**
- a. it was developed by Meichenbaum.
 - b. it is a form of cognitive restructuring.
 - c. it is an outgrowth of an approach used widely by crisis intervention workers called self-induced change therapy.
 - d. it is also known as cognitive behaviour modification.
 - e. therapist and client practise the self-instructions

12) Which of the following is *not* part of the five-step treatment procedure used in a coping skills programme?

- a. Exposing clients to anxiety-provoking situations by means of role playing and imagery
- b. Evaluating the anxiety level of the client by using both physiological and psychological tests
- c. Teaching clients to become aware of the anxiety-provoking cognitions they experience in stressful situations
- d. Helping clients examine their thoughts by re-evaluating their self-statements
- e. b&c

13) Stress inoculation training consists of all of the following *except*:

- a. behavioural rehearsals.
- b. self-monitoring.
- c. cognitive restructuring.
- d. tapping into the unconscious realm.
- e. c&d

14) One strength of cognitive behavioural therapy group counselling is that:

- a. clients learn to minimise symptoms through a profound change in philosophy.
- b. clients can remain relatively emotionally disengaged.
- c. leaders take a non-directive stance.
- d. leaders believe that insight is necessary for behaviour change.
- e. All of the above

15) In cognitive therapy, techniques are designed to:

- a. assist clients in substituting rational beliefs for irrational beliefs.
- b. help clients experience their feelings more intensely.
- c. assist individuals to end self-defeating cognitions and to teach people how to acquire a rational approach to living.
- d. enable clients to deal with their existential loneliness.
- e. reveal the client's childhood traumas

16) We create, maintain, and live by often _____ that we hope will keep the family (and each of its members) functional.

- a. the use of bibliotherapy
- b. differentiation of the self
- c. agreed upon rules
- d. unspoken rules and routines
- e. None of the above

17) Roger and his wife are experiencing tension in their relationship because he believes she is far too lenient with their children when they misbehave. This forces him to play the role of 'bad cop' as a parent, which makes him angry. A family therapist working with Roger and his family might:

- a. help to modify the family's transactional rules and develop more appropriate boundaries.
- b. refer Roger to individual therapy since he clearly needs to work through his unresolved issues that are causing him to feel so angry.
- c. take Roger's side and educate his wife about appropriate disciplinary practices.
- d. focus on getting the children to stop misbehaving so that Roger and his wife won't experience this tension.
- e. All of the above

18) What is the current thinking in the field regarding the role of spirituality in counselling?

- a. There is growing evidence that spiritual practice is therapeutically relevant, ethically appropriate, and potentially significant for counselling in secular settings.
- b. Counsellors are encouraged to be cautious and engage in minor discussions about spirituality only.
- c. There is little interest in integrating spiritual issues in counselling.
- d. Counsellors should take a directive approach in helping clients meet their spiritual needs.
- e. Spirituality is the only thing that matters in counselling

19) Regarding psychotherapy outcome, research shows:

- a. the behavioural approaches are more effective than the humanistic approaches.
- b. there are clear factors that predict which models of therapy work best for particular types of clients.
- c. the therapeutic relationship is *not* a major contributor to therapeutic change.
- d. no model of therapy has been proven more effective than another.
- e. Existential therapy is the most effective

20) The common factors approach to psychotherapy integration:

- a. searches for common elements across different theoretical systems.
- b. supports the notion of remaining theoretically consistent and technically eclectic.
- c. synthesises important aspects of two or more theories.
- d. emphasises the importance of spirituality in counselling.
- e. All of the above

[20]

Section B: Short Questions

Complete **ALL** Questions

- 1) Ethics are an important part of the practice of professionals. Explain what is meant by aspirational ethics. [5]
- 2) Give a brief description of the method of Socratic dialogue. [5]
- 3) In integrative therapy, explain what is meant by psychotherapy integration. [5]
- 4) Define externalisation as used in postmodern approaches. [5]

[20]

Section C: Discussion Questions

Choose **Two** Questions

- 1) Compare the strengths and limitations of family systems therapy from a diversity perspective. [15]
- 2) With the aid of examples, explain the Negative Cognitive Triad. [15]

- 3) Consent is important in providing psychotherapy. Provide a description of informed consent and discuss the essential components that need to be included in obtaining informed consent from a client. [15]
- 4) Give a comprehensive definition of the common factors approach and explain six (6) common factors. [15]

Section D: Application Questions

Choose **One** Question

- 1) Read the case of S'ne and answer the questions that follow. [30]

S'ne is a 35-year-old who is recently started experiencing difficulties with work. She tells the therapist that she recently lost her brother and close aunt to Covid-19. S'ne says that she is experiencing a lot more difficulty than she previously experienced after a loss. She recounted the time when her father passed away 10 years ago that she was able to cope sufficiently even as this occurred during her exam period in varsity. When the therapist asks S'ne why she was able to cope when she lost her father, S'ne says it was because she was able to rely on her friends for support and was involved in track and field. When the therapist asks if S'ne is doing all of those things now, she says she is having difficulty going for a run and is uncertain how to speak to friends and her partner. S'ne also says that she feels like her relationship with her partner is the only thing that is good in her life, and their five years of marriage have been really good. However, she feels as though if she tells him that she is struggling it will put a strain on their marriage.

Critically discuss the above case study using Strengths-Based CBT. Focus on the following elements:

- a) A description of strengths-based CBT [5]
- b) The basic assumptions of strengths-based CBT [15]
- c) Based on the above case, discuss the four-step model to resilience and its aims. [10]

OR

- 2) Name and describe the therapeutic techniques and procedures associated with Solution-Focused Brief Therapy, as described by Corey. [30]

TOTAL [100]

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