

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

EXAMINATION FOR THE AWARD OF DEGREE OF MASTERS OF SCIENCE IN CLINICAL PSYCHOLOGY

CLPS 841: PRINCIPLES OF PSYCHOTHERAPY

STREAMS: MSc Clinical Psychology (Y1T1)

TIME:3 HOURS

DAY/DATE: THURSDAY 13/04/2023

11.30 A.M. –2.30 P.M.

INSTRUCTIONS

The paper consists of 2 sections, A & B.

Answer all the question in section A

Choose only two questions in section B

Section A: Compulsory (30 marks)

Question 1

a). Describe the following terms as used in PRINCIPLES OF PSYCHOTHERAPY

- i. Assessment process (2 marks)
- ii. Psychological assessment (2 marks)
- iii. Psychological testing (2 marks)
- iv. Neuropsychological assessment (2 marks)
- v. Treatment plan (2 marks)

b.)i. Describe Protective factors as used in case conceptualization (2 marks)

ii. Outline four relevant examples of protective factors a therapist my deduce from interaction with a patient in assessment (4 marks)

c. Differentiate between:

i). Behavioral therapies and cognitive therapies (4 marks)

ii). Perpetuating factors and precipitating factors (4 marks)

- d). i. Describe interpersonal therapy (2 marks)
- ii). Outline the four problem areas of Interpersonal therapy (4 marks)

SECTION B (30 marks): Attempt TWO questions in this section

Question 2

Read the case below and answer the questions that follow.

Case study

Joyce is a 35-year-old Ph.D. student at an online university. She was born and raised in the city, identifies as heterosexual and reports that she has never been in a love relationship. She is self-referred and is seeking therapy to reduce her chronic anxiety and social anxiety. She recently started a new job at a bookstore — a stressor that brought her to therapy. She reports feeling very anxious when speaking in her online classes and in social settings. She is worried that she will not be able to manage her anxiety at her new job because she will be in a managerial role.

Joyce reports that she has been highly anxious since childhood. She denies past psychological or psychiatric treatment of any kind but reports that she has recently read several self-help books on anxiety. She also manages her stress by spending time with her close friend from class, spending time with her two dogs, drawing and painting. She appears to be highly motivated for therapy and states that her goals for therapy are “to manage and reduce my anxiety, increase my confidence and eventually get in a romantic relationship.”

Joyce describes her childhood as lonely and herself as “an introvert seeking to be an extrovert.” She states that her parents were successful lawyers who valued success, achievement and public recognition. They were highly critical of Joyce when she would struggle with academics or act shy in social situations. As an only child, she often played alone and would spend her free time reading or drawing by herself.

When asked how she views herself and others, Joyce says, “I often don’t feel like I’m good enough and don’t belong. I usually expect people to be self-centered, critical and judgmental.”

- a) Identify the possible diagnosis Joyce could be suffering from (1 marks)
- b) Examine the predisposing factors in the case of Joyce (6 marks)

- c) Write a comprehensive case conceptualization for the client (Joyce) (8 marks)

Question 3

Read the case study and answer the questions that follow:

Case Study

Faith works as a Human Resources Manager for a large international organisation. She is becoming more and more stressed at work as the company is constantly changing and evolving. It is a requirement of her job that she keeps up with this change by implementing new strategies as well as ensuring focus is kept on her main role of headhunting new employees.

She finds that she is working twelve-hour days, six days a week and doesn't have time for her friends and family. She has started yelling at staff members when they ask her questions and when making small mistakes in their work. Concerned about her stress levels, Faith decided to see you for therapy.

- i). Generate a list of questions to ask in the clinical interview with Faith making sure to address different domains for clinical assessment (14 marks)
- iii). Identify the possible diagnosis Faith could be suffering from(1 mark)

Question 4

Read the case study below and answer the questions that follow:

Case Study

Allen is a 65-year-old who retired as a history teacher 10 years ago. He is coming to counseling at the insistence of his wife and adult children, although he states that he doesn't think counseling can help him. He reports that his wife says he repeats things "constantly" and although he shares that he may say things "a few times" because she didn't hear him, he does not believe that he does this "constantly" and does not really think it is a big problem. He also shares that his wife tells him he is very impatient, although he is dismissive of this concern, again saying he thinks he is "not that bad." He does admit that he has been depressed in the past and that he has been having a difficult time more recently feeling any motivation or interest to do anything.

He expresses unhappiness because his wife recently retired from her full-time corporate position, but she continues to be very busy, continuing to work as a consultant and engaging in many activities with her friends. Allen, by comparison, reports that "all my friends are gone"

and shares that although they are not deceased, they are spread out across the country where he does not have contact with any of them. Allen had looked forward to the time when his wife would retire, as he had expected that the two of them would spend more time together, travel, and enjoy retirement together.

Allen has been spending his time busying himself with household jobs, working on his own art, assisting his wife with her work projects, and planning their vacations. He enjoys a glass or two of wine with dinner and states that he is just a “social drinker.” He has experienced some times with sadness in the period of time since he retired but got through those times by focusing on his future hope about his wife retiring. At several points in the interview, Allen sighs and states, “I just feel like a total nothing.” He reports increasing disinterest in his previous interests and hobbies and that “I just can’t get interested in anything anymore.”

He admits that he has had some thoughts of suicide but then feels both ashamed and horribly guilty for how that would affect his family, which then serves to make him feel very sad. Allen says he is coming to counseling to see if the mental health provider can figure out what is wrong with him and admits that he is afraid he is “crazy.” On collateral consultation with Allen’s wife, it is apparent that Allen has minimized the intensity of his angry outbursts, and she admits that she has felt frightened by Allen’s outbursts.

- i. Identify the possible diagnosis Allen could be suffering from (1 marks)
 - ii. Develop MSE for Allen (6 marks)
 - iii. With reasons describe three therapies/techniques you will use to treat Allen (9 marks)
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