



MANICALAND STATE UNIVERSITY OF APPLIED SCIENCES

FACULTY OF AGRIBUSSINESS AND APPLIED SOCIAL SCIENCES

APPLIED PSYCHOLOGY DEPARTMENT

PRINCIPLES OF PSYCHOTHERAPY

CODE: SSPS 421

SESSIONAL EXAMINATIONS

JUNE 2024

DURATION: 3 HOURS

EXAMINER: MS N. MUTONGORENI

INSTRUCTIONS

- 1. Answer only **FOUR** questions*
- 2. Total marks **100**.*

Question 1

(a) Discuss any **four** ego defense mechanisms you are familiar with. **(20marks)**

(b) Examine briefly the difference between an assessment and a diagnosis **(5marks)**

Question 2

Discuss any **five** ethical issues that should be considered in psychotherapy. **(25marks)**

Question 3

(a) Critically examine on the **five** qualities of an effective therapist you should consider in treating bipolar affective disorders. **(15 marks)**

(b) Explain why personal therapy is important for a therapist **(10 marks)**

Question 4

Write brief notes on:

- a. transference
- b. countertransference
- c. behaviour modification
- d. reality therapy **(20 marks)**

(b) List at least five techniques used in group therapy **(5 marks)**

Question 5

Discuss how Cognitive Behavioural Therapy is used in the treatment of a client suffering from Bipolar Affective Disorder. **(25 marks)**

Question 6

Discuss Adlerian theory of psychotherapy highlighting the following

- a) therapeutic goals.
- b) therapist function /role
- c) client's experience in therapy
- d) relationship between the therapist and client **(25 marks)**

END OF EXAMINATION