



*"Investing in Africa's Future"*

**COLLEGE OF SOCIAL SCIENCES, THEOLOGY, HUMANITIES  
AND EDUCATION**

**HPS246 PSYCHOLOGY OF COUNSELLING AND PSYCHOTHERAPY**

**END OF SECOND SEMESTER EXAMINATIONS**

**APRIL/MAY 2018**

**LECTURER: MR T. NDLOVU**

**DURATION: 3 HRS**

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***INSTRUCTIONS***

1. Do NOT write your name on the answer sheet.
2. Use answer sheets provides.
3. Question 1 in Section A is compulsory.
4. Answer any TWO questions in Section B.
5. Begin your answer for each question on a new page.
6. Each question carries 20 marks.
7. Credit is given for neat, well-written and lucid work.



## **SECTION A**

### **Question 1**

- a) Explain the ABCDE model and briefly state what is required in each stage. (5)
- b) Outline the values of counselling and psychotherapy. (5)
- c) Define the terms 'beneficence' and 'non-maleficence'. (2)
- d) "Consideration of dual relationships is of paramount importance". Explain and give examples (3)
- e) State personal qualities of a good counsellor or psychotherapists. (5)

## **SECTION B**

### **Question 2**

Outline ethical principles in counselling and psychotherapy and explain the legal issues in counselling.

### **Question 3**

State the key phases in multimodal therapy highlighting what is required in each phase.

### **Question 4**

Using cognitive behaviour theories, explain how irrational thoughts and behaviours develop and how they can be treated.

### **Question 5**

Give an appraisal on the techniques of Structural Family Therapy, citing their relevance in addressing family concerns.