



JULIUS NYERERE SCHOOL OF SOCIAL SCIENCES

DEPARTMENT OF PSYCHOLOGY

MASTER OF SCIENCE DEGREE IN COUNSELLING PSYCHOLOGY

MASTER OF SCIENCE DEGREE IN EDUCATIONAL PSYCHOLOGY

LEVEL 1 SEMESTER 1

EXAMINATION QUESTION PAPER

MODULE CODE : CPM516/MEP505

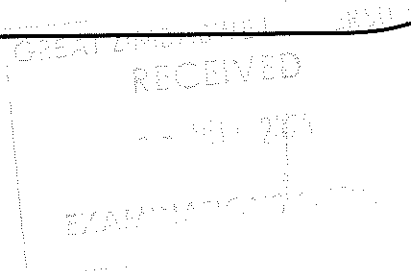
**MODULE NARRATION : PSYCHOTHERAPY SKILLS/
PSYCHOTHERAPEUTIC TECHNIQUES AND SKILLS**

DATE : 2024

DURATION : 3 HOURS

INSTRUCTION TO CANDIDATES:

- 1. Answer question number one and any two others.**
- 2. Each question carries 100 marks.**



1. *One of the most notable contributions of Carl Rogers to counselling and psychotherapy in general, is the assertion that there are three core conditions in therapy that create a growth-promoting climate in which individuals can move forward and become what they are capable of becoming.*
 - a) Discuss each of these core conditions in detail. (50 marks)
 - b) As a counselling psychologist practising in Zimbabwe, what criticisms would you have against Carl Rogers's counselling approach? (50 marks)
2. Outline the three components of a therapeutic alliance and demonstrate why it is imperative for therapists to observe them.
3. With the aid of clear examples, describe the qualities of an effective therapist or counsellor.
4. Evaluate the importance of observing listening skills during a therapeutic session.
5. Analyse the process of confrontation to search for positive assets in clients.