



JULIUS NYERERE SCHOOL OF SOCIAL SCIENCES

DEPARTMENT OF PSYCHOLOGY

BACHELOR OF SCIENCE HONOURS DEGREE IN PSYCHOLOGY

EXAMINATION QUESTION PAPER

MODULE CODE : PSYH421
MODULE NARRATION : PRINCIPLES OF PSYCHOTHERAPY
DATE : 2024
DURATION : 3 HOURS

INSTRUCTION TO CANDIDATES:

- 1. Answer question number one and any other two questions.
Each question carries 100 marks.**

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1. *Julie is a 32-year-old graphic designer. In January she started feeling low in mood and was finding it difficult to get motivated to go to work. For the first couple of weeks, she put this down to 'post-Christmas blues'. Over the next few weeks, she began struggling more with motivation and everything seemed like a huge effort. She began having thoughts like "I am stuck in a rut", "Everyone else is doing better than me", and "I'm going nowhere".*
 - a) Explain how you can use the Cognitive behavioural therapy principles to challenge negative thoughts that Julie has. (70)
 - b) Assess the utility of CBT in helping a depressed client (30)
2. Outline the different personal qualities that a therapist should possess that help in creating a therapeutic alliance with clients from diverse backgrounds.
3. Examine the contribution of Freud to psychoanalytic-oriented therapies.
4. Examine how a therapist can use EMDR to deal with a traumatized client.
5. Outline how stress inoculation is used to help someone cope with stressful life events.