



# **JULIUS NYERERE SCHOOL OF SOCIAL SCIENCES**

## **DEPARTMENT OF PSYCHOLOGY**

### **MASTER OF SCIENCE DEGREE IN COUNSELLING PSYCHOLOGY**

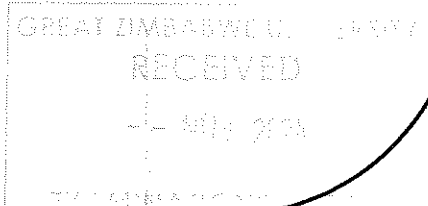
#### **EXAMINATION QUESTION PAPER**

<b>MODULE CODE</b>	<b>: CPM525</b>
<b>MODULE NARRATION</b>	<b>: POSTMODERN COUNSELLING APPROACHES</b>
<b>DATE</b>	<b>: 2024</b>
<b>DURATION</b>	<b>: 3 HOURS</b>

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#### **INSTRUCTION TO CANDIDATES:**

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



1. *Janet Chigodora who lived in Chigodora community was in her mid-30s, a typical mother of 3 children, married for over 16 years, and active in the community and church. She had her first depression episode following the birth of her first child, and her family doctor prescribed an anti-depressant. Her husband was supportive and made a decent income, yet money always seemed inadequate. It was a challenge taking the four children to music lessons, dance, football practice, and the like, not to mention all the church activities. Janet Chigodora never felt like there was any time for herself. If she did take time to do something she enjoyed, she felt guilty. She tried to talk to her church leader once, but that didn't seem to help.*

Using any of the postmodern therapies, explain how best you can help Janet Chigodora overcome her problem?

2. Demonstrate how the view of human nature of the Narrative approach is reflected in the therapeutic goals, the client-therapist relationship, techniques and procedures.
3. Compare and contrast the narrative therapy and the Social Constructivism therapies in post-modern counselling.
4. Postmodern therapies are like 'old wine in a new bottle'. Discuss
5. Assess the applicability of the Collaborative Language Systems to counselling people of the ethnic group of your choice.