



**MASENO UNIVERSITY**  
**UNIVERSITY EXAMINATIONS 2013/2014**

SECOND YEAR FIRST SEMESTER EXAMINATIONS FOR THE  
DEGREE OF BACHELOR OF ARTS IN PSYCHOLOGY WITH  
INFORMATION TECHNOLOGY  
(MAIN CAMPUS)

**APY 205: PSYCHOTHERAPIES**

*Date: 18<sup>th</sup> November, 2013*

*Time: 8.30 - 10.30 a.m.*

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**INSTRUCTIONS:**

- **Answer Question ONE (COMPULSORY) and any other TWO questions.**

APY 205: PSYCHOTHERAPIES

INSTRUCTIONS:

Answer Question ONE and any other TWO questions.

- 1 a) Describe the following psychoanalytic therapy techniques:
    - i) Free association (5mks)
    - ii) Dream analysis (5mks)
  - b) Outline the characteristics of contemporary psychodynamic therapies (10mks)
  - c) Describe the therapist characteristics that are necessary for effective therapy (10mks).
- 2 a) Explain the differences between the humanistic therapies and the psychoanalytic therapy (10mks).
  - b) Describe how you may use 'aversive conditioning' in helping a client reduce his alcohol consumption (10mks)
- 3 a) Explain the application of Rational-Emotive Behaviour Therapy (REBT) as abbreviated in the letters A-B-C-D-E (10mks).
  - b) Outline reasons for the increased growth of therapy integration (10mks).
- 4 a) Briefly explain the following person-entered therapy techniques:
    - i) Reflection of feelings (2mks)
    - ii) Genuineness (2mks)
    - iii) Empathy (2mks)
    - iv) Unconditional positive regard (2mks)
  - b) Name the three biomedical therapies and outline their various negative side effects (12mks).
- 5 a) Describe the five reinforcement schedules proposed by B. F. Skinner (15mks).
  - b) Describe five ways in which a client may show resistance to therapy (5mks).