



UNIVERSITY EXAMINATIONS

1ST SEMESTER 2025/2026 ACADEMIC YEAR

SECOND YEAR EXAMINATIONS FOR THE DEGREE OF BACHELOR OF ARTS IN PSYCHOLOGY

PSYC 213: CASE FORMULATION AND TREATMENT IN PSYCHOLOGY

STREAM: R

TIME: 2 HRS

DAY: TUESDAY (8.30-10.30AM)

DATE: 03/02/2026

THIS QUESTION PAPER CONSISTS OF THREE (3 PAGES)

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INSTRUCTIONS:**Answer Question ONE and any Other Two****QUESTION ONE (30 MARKS)**

1. a). Explain the meaning of the following concepts as understood in the course ‘Case Formulation and Treatment Planning in Psychology’:
 - i. Case formulation (4 marks)
 - ii. Problem diagnosis (4 marks)
 - iii. Treatment plan (4 marks)
 - iv. Defense mechanisms (4 marks)
 - v. Integrative case formulation (4 marks)
- b). Illustrate the significance of the following pair of terms as applied in case formulations and treatment planning
 - i) Haphazard integration and systematic integration. (5 Marks)
 - ii) Inferential case formulation and individualized case formulation. (5 Marks)

SECTION B: ANSWER ANY TWO QUESTION**QUESTION TWO (20 MARKS)**

- a) Describe the process a therapist might adopt when carrying case formulation with a new client in a counselling relationship. (10 marks)
- b) Explain the importance of a working hypothesis a therapist needs to make before embarking on a treatment during counselling. (5 marks)
- c) Explore factors should a therapist should take into account when planning for treatment of a client with psychological problem. (5 marks)

QUESTION THREE (20 MARKS)

- a). Evaluate the significance of the listed activities a counsellor needs to conduct for the purpose of gathering data for effective case formulation and treatment planning with a new client
 - i. Testing (2 marks)
 - ii. Questioning (2 marks)

- iii. Probing (2 marks)
 - iv. Leading (2 marks)
 - v. Referral information (2 marks)
- b). Determine the importance of continuous monitoring in case formulation and treatment as guided by cognitive behavior therapy. (10 marks)

QUESTION FOUR (20 Marks)

- a) Predict how Sigmund Freud's three components of the human psyche may determine a client's behaviour during psychological treatment. (10 marks)
- b) Illustrate with examples the characteristics of a treatment plan in psychological therapy with a new client. (10 marks)

QUESTION FIVE (20 Marks)

- a) Evaluate how Freud's five stages of psychosexual development could be used by a counsellor for arriving at a suitable case formulation on a child psychological problem. (10 marks)
- b) Illustrate five barriers to effective psychological intervention that a therapist may come across in the process of processing treatment in counselling. (10 Marks)