



PAN AFRICA CHRISTIAN UNIVERSITY

PH.D in MARRIAGE AND FAMILY THERAPY

END OF TERM EXAMINATION (MAY-JULY 2016)

CAMPUS: ROYSAMBU

DEPARTMENT: COUNSELING

COURSE CODE: PMFT 124

COURSE TITLE: Advanced Psychopathology and Treatment

EXAM DATE: .MONDAY 1st, AUGUST 2016

TIME: 2 HOURS

INSTRUCTIONS

- Read all questions carefully before attempting.
- Write your **student number** on the answer booklet provided.
- **Answer ALL questions in section 1 and any 4 in section 3.**

1. Tom has been referred to the hospital to get a tubular visual field exam. In conjunction with other symptoms what diagnosis are the physicians most probably assessing for? **(1 point)**
 - a. Conversion Disorder
 - b. Other specified elimination disorder,
 - c. Psychological Factors Affecting Other Medical Conditions
 - d. Illness anxiety disorder
2. It is characterized by the falsification of symptoms and signs of an illness. This is most likely _____ **(1 point)**
 - a. Somatic symptoms disorder
 - b. Borderline personality disorder
 - c. Factitious Disorder
 - d. Brief illness anxiety disorder.
3. Mathenge has been referred to you by his school. Both teachers and parents expresses that he has deficits in comprehension, sentence structure, discourse and vocabulary production. This affects vocabulary and grammar-where abilities are substantially and quantifiably below age and interferes with academic achievement. **(1 point)**
 - a. Social (Pragmatic) Communication Disorder (F80.89)
 - b. Childhood-Onset Fluency Disorder (Stuttering) (F80.81)
 - c. Speech Sound Disorder (F80.0)
 - d. Language Disorder (F80.9)
4. A form three student has been suspended from school for odd behaviours such as eating her text books. Historically she has also been seen to eat chalk and paper in general. What is she most like suffering from? **(1 point)**
 - a. Rumination Disorder
 - b. Avoidant/restrictive food intake disorder
 - c. Pica
 - d. Binge Eating Disorder

5. You are studying for your finals exam and you are reading about these symptoms; hypochondriasis, preoccupation with sickness, anxiety about health and very mild somatic symptoms. Which disorder do they belong to? **(1 point)**
- Illness Anxiety Disorder (F45.21)
 - Somatic Symptom Disorder(F45.1)
 - Vascular Neurocognitive Due to Huntington's Disease
 - Alzheimer's Disease
6. Treating Neurocognitive Disorders are suggested to have this combination of professionals **(1 point)**
- Marriage and Family Therapist and a Physical Therapy
 - Neurologist, Marriage and Family Therapist and the family
 - Marriage and Family Therapist and the family only
 - Neurologist and the family
7. What does Beck's Cognitive Theory posit about negative thinking in depressed people? **(1point)**
- Negative thinking occurs automatically but within conscious awareness.
 - Negative thinking occurs automatically and sometimes without awareness.
 - Negative thinking occurs outside of conscious awareness.
 - CBT does not specify whether negative thoughts occur within or outside of conscious awareness.
8. . Mr.VeerayShah requests cognitive behavior therapy. He reports that he's terrified of public speaking. In response to your questions, he admits that he has had numerous panic attacks when he has attempted to speak publicly. Your most likely diagnosis would be: **(1point)**
- Agoraphobia.
 - Specific Phobia, Situational Type.
 - Social Phobia.
 - Panic Disorder.

9. You are treating a client for Dysthymia. In the course of treatment your client reports a fear of elevators. He tells you that he would like to deal with this fear on his own. What would you recommend to this client? **(1point)**
- a. The client should ride an elevator for a short period of time initially, and increase his time in the elevator each day over a number of weeks.
 - b. The client should research the safety of elevators to reduce his fear.
 - c. The client should ride an elevator for an extended period of time each day over a number of weeks.
 - d. The client should ride an elevator as often as possible each day over a number of weeks.
10. You are seeing a woman and her young son in family therapy. Your patient complains that her son suffers from repeated unexplained rashes, but admits that she has taken him to multiple doctors with no result. A collateral interview with her ex-husband who has joint physical custody reveals that when the boy is with him, he never suffers from rashes. This is a possible example of: **(1point)**
- a. Hypochondriasis.
 - b. Factitious Disorder by Proxy.
 - c. Secondary gain.
 - d. Munchausen's Syndrome.

SECTION 2

(ANSWER ANY FOUR OF THE FIVE QUESTIONS)

11. Solomon 7-year-old boy in second grade displays significant delays in his ability to reason, problem-solve, and learn from his experiences. He has been slow to develop reading, writing, and mathematics skills in school. All through development, these skills lagged behind peers', though he is making slow progress. These deficits significantly impair his ability to play in an age-appropriate manner with peers and to begin to acquire independent skills at home. He requires on-going assistance with basic skills (dressing, feeding, and bathing himself, doing any type of schoolwork) on a daily basis. Which DSM-5 diagnosis best fits Solomon? **(5 points)**

a) Name the disorder **(1point)**

b) Using Narrative Therapy what techniques would you use to work with Solomon and why? **(3 points)**

c) what systemic elements of this case would you consider as part of your treatment **(1point)**

12. Sally is married to 25-year-old Nicholas. They have been referred to a psychotherapist by his primary care doctor after mentioning to the doctor that he routinely spends a lot of time pulling out facial hair with tweezers, even after carefully shaving. On evaluation, he admits to frequent pulling of his facial hair, consuming significant amount of time; he explains that he becomes anxious when looking at himself because his moustache, hairline, and sideburns are asymmetrical. He pulls out hairs in an effort to make them more symmetrical, but is rarely satisfied with the results. He finds this very upsetting but cannot resist the urge to try and "fix" his facial hair. What is the most appropriate diagnosis? **(5 point)**

a. Name the disorder **(1point)**

b. Using Cognitive Behavioral Therapy how would you work with this 25 year old male? **(3 points)**

c. How would you work with Sally and what challenges do you think she has experienced by her husbands condition? **(1 point)**

13. A man presents to a therapist's office, complaining that he has trouble making up his mind about his career and hobbies. He explains that he often procrastinates, can't stick with one thing, loses focus, and that his interests shift frequently. In addition, he experiences feelings of inadequacy. These are most likely symptoms of: **(5 points)**
- a. Name the diagnosis **(1 point)**
 - b. Using Solution Focused Therapy describe your treatment plan with this man. **(4 points)**
14. Muthoni is a 6 yeargirl who has been brought to the clinic to see you. You notice that she hasImpaired skills requiring motor coordination. Her milestones such as-sitting, crawling, walking are impaired.Only if interference is significant is this diagnosis made. Typically not diagnosed before age 5. What is her diagnosis **(5 points)**
- a. Name the disorder. **(1 point)**
 - b. What considerations would you factor in when working with her parents? **(2 points)**
 - c. Name and describe two techniques you would use if using Transgenerational therapy with the family. **(2 points)**
15. When faced with failure a person makes internal, stable, global attributions; when faced with success, the person makes external, unstable, specific attributions. The person is likely diagnosed with_____. The patient happens to be a parent who since diagnosis has relinquished his responsibilities as a parent to his older child (age 16). His wife and younger child have formed a bond whereby they usually go against the other family members.
- a. Name the disorder **(1 point)** **major depression.**
 - b. Use Structural therapy to work with this client. What would your treatment plan include? **(4 points)**