



THE UNIVERSITY OF ADELAIDE

4702 -- HONOURS PSYCHOLOGY (PSYCHOL 4000A)

CONTEMPORARY PSYCHOLOGY

SCHOOL OF PSYCHOLOGY

NOVEMBER 2006

Time: 3 hours

(In addition, candidates are allowed ten minutes before the examination begins to read the paper.)

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ANSWER SECTION A AND TWO QUESTIONS FROM SECTION B

SECTION A

*"Our lives are shaped by the stories we live and our personal identities and relationships are constituted by what we know about ourselves and how we describe ourselves as persons. But what we know about ourselves is defined for the most part by the cultural processes (of describing, labelling, classifying, evaluating, etc.) in which we are embedded. As human beings in language we are all subjugated by invisible social controls of presuppositional linguistic practices and implicit sociocultural patterns of coordination. The culturally shaped linguistic and cognitive processes that guide the self-telling of life narratives achieve the power to structure perceptual experience, to organise memory, to segment and purpose build the very events of a life. In the end we become the autobiographical narratives by which we tell about our lives.*

*The problems, then, that people present for therapy emerge in the context of the above process and patterns as well as the stories they tell about themselves, each other and their relationships.*

*Thus Psychotherapy may be thought of as a process of enabling people to construct a more contradiction free and generative narrative via a dialogue in which therapist and clients co-author a healing life story which changes the meaning for clients of the events in their lives."*

What are the implications of the above for the development of psychological problems and their treatment?

PLEASE TURN OVER

## SECTION B

1. Harry Goolishian and Harlene Anderson write about the centrality of a 'non-expert position' or one of 'not knowing'. What are the reasons for this stance and how does it relate to the practice of a language-based, collaborative therapy.
2. Outline the main principles and techniques of a system of psychotherapy which you have studied (other than Anderson and Goolishian's). Discuss the grounds on which you consider it or know it to be potentially effective.
3. According to Carl Rogers, how do psychological problems develop? Discuss the relationship between this and the therapeutic conditions Rogers seeks to provide in working with his 'client'
4. "In their interactions with clients therapists may unwittingly reproduce oppressive power relations and practices which themselves are constitutive of the problems people experience"  
In similar vein, Gergen & Kaye (1991) and Kaye (2003) have claimed that psychotherapy can provide consultees with "a lesson in inferiority"  
Discuss the possible reasons for the above.

END OF EXAMINATION PAPER