



THE UNIVERSITY OF ADELAIDE

14702 -- HONOURS PSYCHOLOGY (PSYCHOL 4000A)

CONTEMPORARY PSYCHOTHERAPY

SCHOOL OF PSYCHOLOGY

JUNE 2007

Time: 3 hours

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

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PLEASE TURN OVER

## ANSWER SECTION A AND TWO QUESTIONS FROM SECTION B

### SECTION A

1. People's "realities" are socially constructed and constituted by language.

### SECTION B

1. Outline the main principles and practices of a system of psychotherapy which you have studied. Discuss the grounds on which you consider or know it to be effective.
2. Compare and contrast any two of the following approaches to therapy:
  - a) Michael Whites " Narrative Therapy"
  - b) De Shazer/Insoo Berg's "Solution Focussed Therapy"
  - c) Anderson and Goolishian's "Collaborative Language Systems Therapy"

3. Why Family Therapy?

In constructing your answer discuss its underlying rationale, theoretical underpinnings and associated methods.

4. Drawing on your reading and models presented in class, outline
  - a) a transtheoretical model for psychotherapy;
  - b) the therapeutic conditions and practices you consider likely to promote problem dissolution via psychotherapy.

END OF EXAMINATION PAPER