



KISII UNIVERSITY
UNIVERSITY EXAMINATIONS

SPECIAL EXAMINATIONS
SECOND YEAR EXAMINATION FOR THE AWARD OF THE
DEGREE OF BACHELOR OF ARTS IN COUNSELING PSYCHOLOGY
FIRST SEMESTER, 2021/2022
(FEBRUARY - JUNE, 2022)

PSYC 216: CASE FORMULATION

STREAM: Y2 S1

TIME: 2 HOURS

DAY: THURSDAY, 8:00 – 10:00 A.M.

DATE: 28/07/2022

INSTRUCTIONS

- 1. Do not write anything on this question paper.***
- 2. Answer question ONE (Compulsory) and any other TWO questions.***

SECTION A: (30 MARKS) COMPULSORY

QUESTION ONE

- (a) Explain the term “case formulation”. (2 marks)
- (b) Highlight any four Goals of case formulation in any setup. (8 marks)
- (c) Explain five benefits of case formulation (10 marks)
- (d) Highlight five essential features of formulation across different therapeutic modalities (10 marks)

QUESTION TWO

Case scenario: identification (multi-morbidities); Barbara

Presentation Barbara is 42-year-old woman presenting at your surgery for a routine appointment. Three years ago she was diagnosed with early stage (stage 3a) chronic kidney disease associated with hypertension. Her kidney disease and hypertension are managed by a combination of drugs that includes an ACE inhibitor, and dietary restrictions. Barbara is complaining of ‘these heads of mine’ that she says make her feel poorly, and a discomfort in her back and abdomen.

- a) Identify any two comorbidities in Barbara's case. (2 marks)
- (b). In view of Barbara's worry and restless movements, suggest the key areas of engagement to the client. In the process of case formulation. (10 marks)
- c) Differentiate between psychodynamic and behavioral modalities of case formulations (8 marks)

QUESTION THREE

- (a) Explain steps considered in taking case history while evaluating client for treatment (12 marks)
- (b) Describe the primary features of a case formulation using the following outline.
- i) Precipitants (2 marks)
 - ii) Cross-section view of current cognition and behaviors (2 marks)
 - ii) Strengths and assets (2 marks)
 - iv) Working hypothesis (2 marks)

QUESTION FOUR

Born in Canada. University-educated. There was a parental divorce at age 5. She describes an invalidating childhood, where parents did not acknowledge or praise her. She experienced sexual abuse and trauma at age 12. She is in a 2-year relationship with a male partner, and there have been recent arguments about the direction of their relationship. She describes a long-standing fear of being abandoned in relationships, and reports having very intense relationships with friends/family. Financially, she is struggling to pay rent and living from paycheque-to-paycheque. Developmentally, there may have been some speech delay. Collateral information from the patient's older brother describe her childhood temperament as being avoidant and fearful of her parents.

Formulate the above case in the biopsychosocial model considering

- i) Pre-disposing factors (5 marks)
- ii) Precipitating factors (5 marks)
- iii) Perpetuating factors (5 marks)
- iv) Protective factors (5 marks)