

Answer ALL questions in the spaces provided.

1. (a) Teenage alcohol consumption is becoming a major problem within our society. The graph shows the mean (average) alcohol consumption per week of boys and girls in England between 1990 and 2004.



Source: www.statistics.gov

- (i) In which year was the mean alcohol consumption 10 units per week for boys?
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(1)
- (ii) Identify the mean alcohol consumption per week for girls in 2000.
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(1)
- (iii) Compare the mean alcohol consumption per week for boys with that for girls between the years 1998 and 2004.

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(4)



(ii) Explain, using examples, how the care workers may use empathy and genuineness to overcome Nicola's addiction.

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2.

Donna is 23 years of age. Four months ago she gave birth to Olivia. Initially, Donna appeared to be coping well with the baby. However, two months ago the health visitor, Jane, felt that Donna was becoming isolated. She complained of feeling tired all the time, did not want to go out anywhere and could not be bothered to do anything around the house. Jane thought that Donna was suffering from post-natal depression. Jane referred Donna to the GP who in turn decided to refer Donna for some Cognitive Therapy.

(a) Cognitive Therapy works on the principle that our thinking is organised into schemas and emotional problems are the result of dysfunctional beliefs.

(i) Define the term **schema**.

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(ii) Define what is meant by a **dysfunctional belief**.

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- (b) Dan, the therapist, likes to use a cognitive approach when treating his patients. In order to do this he will need to carry out an initial assessment with Donna.

Explain why is it important for Dan to carry out an initial assessment.

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(4)

- (c) Following this initial assessment Dan has confirmed that Donna is showing some of the symptoms of depression. Cognitive therapists often use a technique of giving their clients 'homework' to do in between sessions. Dan decides to give Donna homework and asks her to make up a list of the things she will attempt to do each day and tick them off when she has completed them.

Explain why homework is seen as an important part of the cognitive approach.

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Sally asked the health visitor for some advice and she referred the family to the Community Mental Health service.

Kate, the Community Mental Health nurse, took a full history from Sally including information about her pregnancy and the time immediately after William's birth. She soon realised that there were a lot of unresolved issues for Sally and tried to explain them to her using a psychodynamic approach.

(b) (i) Define what is meant by a 'psychodynamic approach'.

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(ii) Kate decides to use Transactional Analysis as a form of therapy.

Define what is meant by the term 'Transactional Analysis'.

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(iii) Describe what aspects of William and Sally's current relationship Kate might be analysing if she were to use transactional analysis.

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(4)

(c) Kate discusses the family situation at the next professionals' meeting at work. Although she does not mention the family by name she does discuss the issues and asks for ideas from her colleagues as to how she might help the family.

(i) Identify the care value Kate is upholding by not naming the family.

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(1)



(ii) Identify **one** other principle of the care value base and explain its importance for ensuring effective care.

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<p style="text-align: right;">TOTAL FOR PAPER: 90 MARKS</p> <p style="text-align: center;">END</p>	



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