



PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE DEGREE OF
MASTERS OF ARTS IN MARRIAGE AND FAMILY THERAPY
SEPTEMBER-DECEMBER 2019

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: MFT506

COURSE TITLE: SPIRITUAL FORMATION

EXAM DATE: THURSDAY 5TH DECEMBER 2019

TIME: 2:00PM-5:00PM

DURATION: 3 HOURS

INSTRUCTIONS

- Write your **student number** on the answer booklet provided.
- Read the questions carefully before attempting.
- This Exam accounts for thirty (30) per cent of your total grading. The exam will be marked out of **60** and then worked to be out of **30**.
- The Exam has two sections – Section A and B.
- Section A has compulsory questions that carries **Thirty (30)** marks. Attempt all the questions.
- Section B has **five (5)** questions, each carrying **Ten(10)** marks. You are required to answer any **three (3)**.
- Only the first three questions from section B attempted on your answer booklet will be marked. If you do not wish that to happen, cancel any answers you do not wish marked.
- *ALL PAC University's examination rules and regulations apply*

SECTION A: This Question is Compulsory and Carries Thirty (30) Marks.

1. Spiritually formed therapists offer a more wholesome output towards their clients compared to those that are not. Answer the following questions that give credit to this mindset:

- a) Explain three merits of a spiritually formed Christian therapist over one who is not
6 marks
- b) From the Biblical teachings, Advance with at least two scriptures each the following basis for human need to deal with their personal brokenness through spiritual transformation
 - i) The fall of man
 - ii) The spiritual contention for man
6 marks
- c) Outline briefly (one paragraph) the significance of the redemption of man through Jesus Christ.
4 marks
- d) Using your insights from 'Invitation to a Journey':
 - i) Highlight the four components of the definition of 'Spiritual Formation'.
2 marks
 - ii) Briefly explain the meaning of each component to the spiritual journey.
8 marks
- e) Discuss two roles of spiritual disciplines in the formation of the spirituality of a Christian therapist.
4 Marks

SECTION B: Attempt any THREE (3) questions in this section. Each question carries 10 marks.

2. Melbo was told by her colleague therapists that she projects insecurity towards her practicum clients during a debriefing session with them. They also informed her that she gets quite irritated and insecure when the clients don't seem to connect with what she was telling them:
- a) Give two significance of examining one's spiritual personal theme(s). 2 marks
 - b) Explain two dangers of a therapist having unconscious responses to her clients. 4 marks
 - c) Describe two ways Melbo can explore herself to gain self-awareness about this state of her being. 4 marks
3. The backgrounds provide each human being with an elaborate foundation of spirituality. For some people, the backgrounds may consist of ungodly altars on which are elaborate covenants that are binding. These spiritual forces constitute real powerful actors in each person's life.
- a) Give a lay out of spiritual mapping you would undertake to determine the presence of a destructive altar in your personal life or that of your client. 6 marks
 - b) Analyze two ways in which a therapist's life and work can be hindered by the existence of an ungodly altar/covenant from their background or their personal indulgence in life. 4 marks
4. Becoming Human by Jean Vanier identify 'becoming human' as a journey of openness and vulnerability. Justify vanier's view on the following processes for becoming human.
- i) Simplicity 5 marks
 - ii) Acceptance 5 marks
5. Differentiate between curing and caring as presented by James Olthuis in the Beautiful Risk. 10 marks
6. In the Book Invitation to a Journey, Mulholland recurrently refers to the human tendency to seek to control – control the process of formation, use disciplines as a control, control relationships with others among others:
- a) Relate the need to control with the need for spiritual formation. 6 marks

- b) Present the solution he offers for rest in the journey of formation. 4 marks