



PAN AFRICA CHRISTIAN UNIVERSITY

MASTERS IN MARITAL AND FAMILY THERAPY

SPECIAL EXAM, AUGUST 2020

CAMPUS: ROYSAMBU

DEPARTMENT: COUNSELING PSYCHOLOGY

COURSE CODE: MFT 502

COURSE TITLE: FAMILY LIFE CYCLE

EXAM DATE:

TIME: TWO (3) HOURS

INSTRUCTIONS

- **Read all questions carefully before attempting.**
- **Write your student number on the answer booklet provided.**
- **Question ONE in SECTION ONE is Compulsory.**
- **Answer any other THREE questions in SECTION TWO from the choices provided.**

SECTION ONE - COMPULSORY QUESTION (20 Marks)

QUESTION 1

Makena is in his first month in retirement after a remarkable career in the Civil Service spanning slightly over 40 years. During his employment period he has served in various stations throughout the County. His family has always been at his rural Meru home where his wife and a son aged 29 reside. His other three children are married and reside away

- a) Explain any two stages that this family is in within the Family Life Cycle. (4 Marks)
- b) Evaluate any three challenges that Makena may face at this stage. (6 Marks)
- c) Discuss any five issues that may disrupt Makena's Family Life Cycle. (10 Marks)

SECTION TWO: ANSWER ANY TWO QUESTIONS FROM THE CHOICES

PROVIDED

QUESTION 2

Illustrate any five challenges for the sandwich generation. (10 Marks)

QUESTION 3

Describe any five critical adjustments for couples at the launching stage of the Family Life Cycle. (10 Marks)

QUESTION 4

Articulate five major items you would include in developing a ritual with a family to mark a transition for retirement in a significant way. (10 Marks)

QUESTION 5

Analyze five unique aspects of a Homosexual in the family Life cycle. (10 Marks)



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SPECIAL EXAM, AUGUST 2020

CAMPUS: ROYSAMBU

DEPARTMENT: COUNSELING PSYCHOLOGY

COURSE CODE: MFT 507

COURSE TITLE: ETHICAL AND LEGAL ISSUES IN MFT

TIME: TWO (3) HOURS

INSTRUCTIONS

- **Read all questions carefully before attempting.**
- **Write your student number on the answer booklet provided.**
- **Question ONE in SECTION ONE is Compulsory.**
- **Answer any other TWO questions in SECTION TWO from the choices provided.**

SECTION ONE - COMPULSORY QUESTION (20 Marks)

QUESTION 1

- a) A couple began marriage counseling to help them handle their family finances, and also to help them gain skills to deal with their severely autistic child. The Couple's health insurance company did not provide benefits for marital counseling, so the psychologist agreed with the couple to bill session as therapy for the child since they would be discussing the child's situation.

Using the American Psychological Association Ethical Standards analyze in five ways whether or not the agreement between the couple and the psychologist is an ethical solution to the problem. (10 marks)

- b) A company has released a new edition of an assessment tool you use. Discuss any two reasons for and three reasons against your continued use of the older version of the tool

(10 marks)

SECTION TWO: ANSWER ANY TWO QUESTIONS FROM THE CHOICES PROVIDED

QUESTION 2

Describe five ways in which a marital and family Therapist can avoid instances of Malpractice (10 Marks)

QUESTION 3

A Psychologist has a duty to protect suicidal clients. Explain any five actions that a Psychologist can fulfill this duty (10 Marks)

QUESTION 4

Using relevant examples illustrate how a therapist may utilize any five of the eight steps in making an ethical decision (10 marks)

QUESTION 5

Using the American Psychological Association ethical principles outline five ways how a therapist can manage a session when his or her values clash with that of the client (10 Marks)



COURSE TITLE: MARRIAGE AND FAMILY THERAPY THEORIES

(I)

CODE: MFT 500

EXAM DATE:

DURATION: 3 HOURS

TIME:

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your STUDENT NUMBER in the Answer Booklet given
- This Exam has TWO SECTIONS
- SECTION A is Compulsory.
- Answer **THREE** questions in **SECTION B**
- *Write clearly and legibly.*

SECTION A: ANSWER ALL QUESTIONS (10 MARKS)

QUESTION 1:

- a) Differentiate between the modern and postmodern perspectives in Marriage and Family Therapy. (2 marks)
- b) Illustrate how the family is considered to be a system. (2 marks)
- c) From a biblical perspective, analyze three reasons why structural family therapy is important in parenting children. (6 marks)

SECTION B: ANSWER ANY THREE QUESTIONS (30 MARKS)

QUESTION 2:

- a) Assess four reasons why termination of therapy may be necessary. (4 marks)
- b) Critique the **similarities** of the key concepts in Transgenerational Model (Bowen), Satir, Structural Family Therapy, and Object Relations. (6 marks)

QUESTION 3:

- a) Differentiate between content and process. (2 marks)
- b) Analyze the goal of Object Relations Theory. (4 marks)
- c) Demonstrate how infant-caregiver relationship affects adult relationships. (4 marks)

QUESTION 4:

- a) Differentiate between individual First order and Second order Changes. 4 marks)
- b) Demonstrate three ways structural family therapists conceptualize the development of problems. (3 marks)
- c) Analyze the three essential aspects that you might consider in inviting the whole family to come for therapy. (3 marks)

QUESTION 5:

- a) Critique two ways why multicultural sensitivity is important in MFT. (4 marks)
- b) Justify the four main goals of the Satir Growth Model. (4 marks)
- c) Assess the resources in the following survival stances: (2 marks)
 - a. Placating stance
 - b. Super-reasonable stance.

QUESTION 6:

- a) Critique what family boundaries represent. (2 marks)
- b) Analyze why it is important to explore Spirituality/religion in MFT. (4 marks)
- c) Evaluate any four layers of the Ecological Model (Bronfenbrenner). (4 marks)



**COURSE TITLE: MPC 601: COUPLE THEORY AND THERAPY
(2 Credit Hours)**

**EXAM DATE:
DURATION: 3 HOURS
TIME: 9AM TO 12PM
INSTRUCTIONS**

- Read the instructions and questions carefully before you write the answers.
- Write your STUDENT NUMBER in the Answer Booklet given
- This Exam has **TWO SECTIONS**
- **SECTION A is Compulsory.**
- Answer any **THREE** questions in **SECTION B**
- *Write clearly and legibly.*

SECTION A: Answer ALL Questions (10 Marks)

QUESTION 1:

- Demonstrate how accessing the primary emotions in Emotion Focused Therapy is beneficial to each partner (EFT). (2 marks)
- Identify two universal **common patterns** of verbal and nonverbal expressions of emotions that are easily recognizable by EFT therapists (*i.e., Anger/rage*). (2 marks)
- Justify two forms of validation that are used by the EFT therapists. (2 marks)
- Illustrate four reasons why it is important for EFT therapists to use heightening (4 marks)

SECTION B: Answer ANY Three Questions (30 Marks)

QUESTION 2:

- Critique three key EFT reframes that therapists use to reframe each partner's behaviour in the context of the interactional cycle. (6 marks)
- Examine two main functions of evocative responding. (4 marks)

QUESTION 3:

- Analyze six central tenets of attachment theory. (6 marks)
- Summarize any two tasks of EFT. (4 marks)

QUESTION 4:

- Show, with an example for each, six components of interaction and experience that the EFT therapist will commonly reflect. (6 marks)
- Evaluate two ways that EFT therapists use to create enactments. (4 marks)

QUESTION 5:

- a. Support three perspectives that inform how the EFT therapist frames a couple's interactional pattern. (6 marks)
- b. Assess two common uses for enactments to shape and restructuring the couple's interactions. (4 marks)

QUESTION 6:

- a. Identify four assumptions about conjectures/interpretations that EFT therapist's use to make inferences that promote a more intense emotional experience. (4 marks)
- b. Critique three assumptions about the nature of negative interaction and distress in EFT. (6 marks)



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SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

END OF SEMESTER EXAMINATION FOR THE DEGREE OF MASTER OF ARTS IN

MARRIAGE AND FAMILY THERAPY

SPECIAL EXAM, AUGUST 2020

CAMPUS: ROYSAMBU CAMPUS

DEPARTMENT: PSYCHOLOGY

COURSE CODE: MCA 601

COURSE TITLE: SOCIALISATION OF CHILDREN AND ADOLESCENTS

DURATION: 3 HOURS

Question one is compulsory, answer any THREE questions in section two

SECTION ONE

Question one

- a) Explain any three ways in which parents and care givers socialize children and adolescents (6 marks)
- b) Discuss any two advantages of using family psycho education in treatment of families with psychopathologies (4marks)

SECTION TWO

Question two

- a) Discuss the impact of technology on socialization of children under the following
 - i) Technology and communication (2 marks)
 - ii) Technology and child development (2 marks)
 - iii) Technology and parenting (2 marks)
 - ii) Technology and family time (2 marks)
- b) Analyze any one way in which a collectivist society may be different from an individualistic society in socializing children and adolescents (2 marks)

Question three

- a) Discuss any two options open to parents as an alternative to employing house helps (4 marks)
- b) House helps are part and parcel of families even though they abuse children physically, emotionally and sexually. Demonstrate with examples any three factors that may drive house helps to such inhuman acts

(6 marks)

Question four

- a) You have been invited to a school during an annual general meeting to address parents on parenting styles and their effect on socialization of children. Using examples, discuss any two parenting styles you would focus on and their effects on socialization of children and adolescents (6 marks)
- b) Migration has a serious effect on the mental health of children. Discuss the above statement in relation to socialization of children and adolescents (4 marks)

Question five

- a) Analyze any two developmental needs of children (4 marks)
b) As an MFT Therapist, explain any three ways in which parents can participate in helping their children meet such needs (6 marks)



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OF ARTS IN MARRIAGE AND FAMILY THERAPY

SPECIAL EXAM, AUGUST 2020

CAMPUS: ROYSAMBU CAMPUS

DEPARTMENT: PSYCHOLOGY

COURSE CODE: MFT 505

COURSE TITLE: PSYCHOPATHOLOGY AND THE FAMILY

DURATION: 3 HOURS

Question **one** is compulsory, answer any **three** questions in section two

SECTION ONE

Question one

- a) When wrong assessment is done, things fall apart. Discuss this statement in relation to assessment of psychopathologies in families (4 marks)
- b) Explain any three advantages of using couple/family therapy in treatment of psychopathology in the family (6 marks)

SECTION TWO

Question two

- a) Analyze any two of the four 'Ds' as used in psychopathology (4 marks)
- b) Account for the contribution of Psychodynamic and Cognitive theories in causing psychopathologies (6 marks)

Question three

- a) Analyze the role played by the following in psychopathology in families
 - i) Causative role of the family (2 marks)
 - ii) Maintenance role of the family (2 marks)
 - iii) Therapeutic role of the family (2marks)
- b) Discuss the importance of involving family members in treatment of psychopathologies (4 marks)

Question four

- a) Explain any three reasons why it is necessary to assess family factors when working with individuals (6 marks)
- b) Discuss any two components of a systems model assessment (4 marks)

Question Five

- b) A family has come for therapy and after assessment using GARF (Global Assessment of relational functioning) it lies in the 21-40 category.
- i) Identify any four challenges such a family may be going through (4marks)

- ii) Formulate a treatment plan for such a family (4marks)
- iii) Give two reasons for the above treatment plan (2marks)



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MASTERS IN MARRIAGE AND FAMILY THERAPY

SPECIAL EXAM, AUGUST 2020

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: MFT 504

COURSE TITLE: THEORIES II

EXAM DATE: -----

TIME: TWO (3) HOURS

INSTRUCTIONS

- **Read all questions carefully before attempting.**
- **Write your student number on the answer booklet provided.**
- **Question ONE is Compulsory.**
- **Answer any other THREE questions from the choices provided.**

This exam is 40% of the final grade

SECTION ONE

1. A Christian family; a couple, sons (ages 25 and 22) and the daughter (age 15), come to you for therapy because things are going out of their hands. Their issues include: marital relationships, finances, communication, sickness, poor school performance and terrible behaviour of their children among others. The couple laments of nasty words received from their pastor when they missed to honor him with a tangible gift during his birthday. The wife would want to deal with that issue by giving the pastor a piece of land her husband got as an inheritance. The husband screams because the inherited portion cannot be given to a stranger. Furthermore, the bride prize had not also been settled and the uncle to the wife spoke evil to them regarding their children's success. In addition, the children do not see the need of being in the same church with their parents. The kids complain of the time and the money the parents give to the said church as board members.

a) In a paragraph, describe how you would assess in TWO (2) ways the family issues using cognitive behavioral MFT. **(2 Marks)**

b) Stipulate TWO (2) specific goals for therapy in the case at hand. **(2Marks)**

c) Discuss THREE (3) cognitive-behavioral interventions you would use working with the said couple.

SECTION TWO

(6Marks).

2. a) Describe at least THREE (3) areas that make collaborative MFT applicable to all other theories. **(6Marks)**

b) Articulate TWO (2) ways how culture is peculiar in narrative therapy. **(4 Marks)**

3. a) Explain with examples THREE (3) characteristics of well formulated goals as stipulated in the solution focused model. **(6Marks)**

b) Specify TWO (2) distinctive features of collaborative MFT. **(4Marks)**

4. a) Describe THREE (3) kinds of stories in narrative therapy. **(6 Marks)**

b) Analyze with examples at least TWO (2) types of clients in solution focused therapy. **(4Marks)**

5. a) Differentiate in TWO (2) ways how empathy is used in cognitive behavioral marriage

Therapy and collaborative model.

(5Marks)

b) Enumerate your choice of a post - modern model and underscore at least TWO (2) principles that make you choose the said model.

(5Marks)



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OF ARTS IN MARRIAGE AND FAMILY THERAPY
SPECIAL EXAM, AUGUST 2020

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: MFT506

COURSE TITLE: SPIRITUAL FORMATION

EXAM DATE:

TIME:

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**.
- The Exam has two sections – Section A and B.
- Section A has **One** compulsory questions that carries **Ten (10)** marks.

- 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.

SECTION A: This Questions is Compulsory and Carry Ten (10) Marks.

1. The book 'Invitation to a Journey' divides the definition of spiritual formation into several parts and gives each part significant meaning to the formation. Give the significance of the following:
 - a. The process
 - b. Being conformed
 - c. To the image of Christ
 - d. For the sake of others

20 marks

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

2. Spiritual deposit in a personal life can be positive or negative.
 - a. Use a biblical view to argue for the benefits of a positive spiritual heritage. 4 marks
 - b. Discuss how you would support your client to deal with negative spiritual deposit that form spiritual legal foundations and soul ties against their lives. 6 marks
3. Spiritual disciplines are an important part of spiritual formation. According to 1Tim 4: 7-8, ⁷Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. ⁸For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.
 - a. Outline the goal of spiritual disciplines
 - b. Describe the benefits of the discipline of studying scriptures. 4 marks
 - c. Write out a personal design for personal moments of solitude you may organize for yourself from the knowledge you have acquired. 4 marks
4. Audry, 20 years old, presented with severe depression with suicidal ideation in your counselling session. She was also abusing drugs and sleeping around with men. Two years ago, the brother to her best friend raped her while visiting in their home. She was ashamed and could not share this with her parents. She feels worthless and hopeless. She has lost interest in her dream of becoming a quantity surveyor.
 - a. Identify the spiritual contents in this case 4 marks
 - b. Using the principle of welcoming in the *Beautiful Risk*, describe how you would create the therapeutic space for Audry to explore her pain. 6 marks
5. Consider the content of good child nurture that is spiritually protective to the development of spiritual health of a person by:
 - a. Analyzing the spiritual protectiveness of good nurture 4 marks

- b. Applying spiritual intervention of parental rejection for yourself. 6 marks
6. Justify Vanier's view on the following processes for becoming human.
- a. Simplicity 5 marks
- b. Acceptance 5 marks



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MASTERS IN MARITAL AND FAMILY THERAPY

SPECIAL EXAM AUGUST 2020

CAMPUS: ROYSAMBU

DEPARTMENT: COUNSELING PSYCHOLOGY

COURSE CODE: MFT 502

COURSE TITLE: FAMILY LIFE CYCLE AND FAMILY THERAPY

TIME: (3) HOURS

INSTRUCTIONS

- **Read all questions carefully before attempting.**
- **Write your student number on the answer booklet provided.**
- **Question ONE in SECTION ONE is Compulsory.**
- **Answer any other THREE questions in SECTION TWO from the choices provided.**

SECTION ONE - COMPULSORY QUESTION

QUESTION 1

Mala and Maji have a daughter in high school. Lately, her behaviour has changed and she has been hanging out with the peers who are involved in deviant behavior. Maji is in his first month in retirement after a remarkable career in the civil service spanning slightly over 40 years. During his employment period, he has served in various stations through-out the County. His family has always been at his rural Meru home where his wife and a son aged 29 reside. His other three children are married and reside away.

- d) Evaluate any two challenges that Mala may face at this stage. (4 Marks)
- e) Discuss any three issues that may disrupt the normal Family Life Cycle. (6 Marks)

SECTION TWO: ANSWER ANY THREE QUESTIONS FROM THE CHOICES PROVIDED

QUESTION 2

- a. Critically analyze the six stages of the Family Life Cycle. 6 Marks
- b. Discuss four main reasons why it is important to understand the Family Life Cycle for a Family and Marital Therapist. 4 Marks

QUESTION 3

- a. Discuss any four development tasks in stage three of the Family Life Cycle. 8 Marks
- b. Explain any two therapeutic concerns at the launching stage of the Family Life Cycle. 2 Marks

QUESTION 4

- a. Discuss the sandwich generation. 4 marks
- b. Illustrate any 3 developmental tasks for this sandwich generation. 6 Marks

QUESTION 5

- a. Describe three unique aspects of a homosexual in the family Life Cycle 6 Marks

- b. Discuss two ways in which you can develop a ritual with a family that would mark a transition for retirement in a significant way. 4 Marks



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END OF SEMESTER EXAMINATION FOR THE DEGREE OF MASTERS
OF ARTS IN MARRIAGE AND FAMILY THERAPY
SPECIAL EXAM SEPTEMBER 2020

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: MFT509

COURSE TITLE: CHILD AND ADOLESCENT DEVELOPMENT

EXAM DATE: 4th September

TIME: 2.30-5.30

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 is compulsory and carries **Ten (10)** 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

PART A: THE QUESTION IN THIS SECTION IS COMPULSORY AND CARRIES 10 MARKS

1. A young man Jack, 22 years old, came to you for therapy through the agency of a friend. During session, you learn that he felt not loved neglected by his parents. He joined his peers in taking *bhanghi* and light crime instead of giving premium to his study. Now at 22, he has no relationship with parents, the parents blame him for failure in school and he is addicted to drugs. The parents have 8 children among whom he is the 3rd. They claim to have put so much time and energy to look for resources to provide for the children but are disappointed that Jack is addicted to drugs. Additionally, three daughters have given birth to children at home due to which their educational process was cut short and one more brother disappeared and his whereabouts unknown for the last two years.
 - a) Comment on the justification of the parents' disappointments 2 marks
 - b) Analyze his emotional journey to him to enable him understand it and get him from being stuck in addiction. 8 marks

PART B: ANSWER ANY THREE QUESTIONS FROM THIS SECTION. EACH QUESTION CARRIES 10 MARKS

2. You recently got employment in Lori Street Children Rehabilitation Center as the lead psychologist. Discuss how you would prepare the psychologists under you to kick-start the attachments instincts in the children under rehabilitation. 10 marks
3. Write a talk for teachers of Kariti Secondary School where the Principal is concerned that majority of the children have become so unruly that they are unable to contain them and foster a conducive learning environment. In your talk, discuss the teachers can position themselves to help the pupils turn around. 10 marks
4. You have been asked to address parents of preschoolers in your church on how they can support the maturation of their children. Use insights from Neufeld theory of child development to present the maturation process to the parents. Start your presentation with 'Dear parents' and proceed to use a paragraph to explain how they can support their children by facilitating the following processes from a Kenyan perspective:
 - i) Emergence process 5mks
 - ii) Adaptive process 5mks
5. The vulnerability factor is a major key in children's maturation.
 - a) Explain some roots of vulnerability in the Kenyan context from your understanding of the maturation theory. 5 marks
 - b) Discuss the impact of 'vulnerability too much to bear' we would find on children within the context of this country based on your experience. 5 marks

6. During question time in a parents' meeting at school, a parent explains to you how an older child in upper primary has become difficult to parent. How the child breaks every family norm and is currently not doing very well at school; both in terms of relationship with teachers and in academic performance. The boy has a deep orientation towards connecting with his peers. Understandably, the parents is disoriented, frustrated and sometimes very angry.
- a) In a paragraph, provide insight to the parent about his own emotional response. 5 marks
 - b) In a paragraph, coach the parent on how to 'collect' the son. 5 marks s



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END OF SEMESTER EXAMINATION FOR THE DEGREE OF MASTER
OF ARTS IN MARRIAGE AND FAMILY THERAPY**

**MAY-AUGUST 2020 SEMESTER
CAMPUS: ROYSAMBU CAMPUS
DEPARTMENT: PSYCHOLOGY
COURSE CODE: MPC 600
SEXUALITY AND PREMARITAL COUNSELLING
EXAM DATE:
DURATION: 3 HOURS
TIME:
DAY CLASS**

Instructions: Answer question one and any other three

SECTION A: COMPULSORY

Question one

- a) Using the five levels of communication, discuss the importance of communication in marriage (5 marks)
- b) Discuss any two ways in which spouses can build intimacy in marriage (5 marks)

SECTION B: Answer any three questions

Question two

- a) Discuss the structure of personality according to Sigmund Freud (4 marks)
- b) Using the phallic and genital psychosexual stages of development, explain Sigmund Freud's contribution in understanding sexual behaviour (6 marks)

Question three

- a) Analyse any three changes in sexuality and sexual practices outlining their impact in modern day society (6 marks)

- b) Account for the contribution of the above changes in dysfunctionalities in families (4 marks)

Question four

- a) "Conflicts are inevitable in a marriage relationship". Discuss the above statement. (4 marks)
b) Outline any three ways in which conflicts can be resolved in marriage (6 marks)

Question five

John got married to Esther two years ago. When they first got married, the couple used to enjoy many meaningful conversations. A year ago they got their first child. In addition, John got a high paying job. Most of his colleagues are ladies. Esther has a part-time job as a nurse in a nearby hospital. She has also invited her sister to come and live with them. John and Esther hardly talk. They seem angry with each other most of the time.

- a) Discuss any two causes of poor communication in this marriage (4 marks)
b) Identify any two changes that the couple needs to make in their lives (2 marks)
c) Suggest two ways in which this couple can deal with their misunderstandings. (4 marks).

Question six

- a) Discuss any three ways in which a couple can maintain sexual fire burning in marriage (6 marks)
b) Outline any four benefits of premarital counselling (4 marks)