



SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

**END OF SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR
OF ARTS COUNSELLING PSYCHOLOGY**

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU 3213

**COURSE TITLE: INTRODUCTION TO MARRIAGE AND FAMILY
THERAPY**

EXAM DATE: 4th August 2021

TIME: 2:30 PM to 5:30 PM

INSTRUCTIONS

- Read the questions carefully before attempting.
- This Exam accounts for thirty (**30**) per cent of your total grading.
- The Exam has two sections – Section A and B.
- Section A has a compulsory question that carries **Twenty (20)** marks. Attempt all the sections.
- Section B has **four (4)** questions, each carrying **Ten (10)** marks. You are required to answer any **two (2)**.
- Only the first **two** questions from section B attempted on the exam platform will be marked. If you do not wish that to happen, delete any answers you do not wish marked.

ALL PAC University's examination rules and regulations apply

Question one 20 marks

Vignette

Purity is 24 years old a 2nd born in family of 2. Her brother Larus is 17 years old and his is in form 3. Her father Kim is 50 years works as consultant and is a respected church elder. He usually drops her to camps on his way to work and picks her in the evening on his way home. Her mother Kimberly is 48 years old runs a family business near their home.

Purity was brought for therapy by her mother because she was finding it difficult to sleep and her appetite had deteriorated. According to Kimberly Kim is usually very harsh to Purity and physically beats her and also abuses her verbally. He alleges that Purity is rude, ungrateful and lazy. Kimberly was worried because of her daughter's safety at home. Before Corona Purity was living in campus hostels but came home when the learning was suspended by the government and from that time their home has not known peace because of the conflict between father and daughter.

On her part Purity described her father as draconic and controlling freak. She complains that at home she has no freedom at all because of her father's frequent calls to check on her. If for any reason she does not answer the calls or take time to answer he usually calls Kimberly to ask her where Purity is. Then Kimberly in turn would call Purity and tell her how furious her father is because she did not take his calls. So in the evening Purity will be prepared for war. Purity says that she is not allowed to go anywhere alone her father takes her whenever she wants to go even if it's to have her hair made. Purity does not like this at all she does not understand why her father does not understand that she is all grown up. He makes all the decisions for her for example which dentist she needs to see and at what time. Recently he deferred Purity's studies at the university for one year without her knowledge. Purity is not happy at all with her father's draconian rule. Kimberly does not intervene because Kim does not consider her opinion. Purity come for therapy because her father had travelled out of the country, therefore Kimberly thought that it was a good idea for Purity to go for therapy instead of staying at home alone.

- 1) Outline the therapeutic clinical goals **5 marks**
- 2) Conceptualize the client's issues giving the basis for you conceptualization **5 marks**
- 3) Formulate what you consider to be the client's goals for therapy in the order of priority and give reasons **5 marks**
- 4) Discuss the theoretical model(s) that you would use to treat The client and give justification for choosing these models **5 marks**

Part B answer any two questions

Question 2

- a) Discuss two functions of a marriage and family therapist. 2 marks
- b) Compare and contrast systems theories and individual theories. 8 marks (give examples)

Question 3

- a) Describe any five intervention techniques used in Narrative therapy 5 marks
- b) Explain five key concepts of Bowen Family Systems Theory 5 marks

Question 4

- a) Analyze two functions of a scaling question in therapy. 4 marks
- b) Describe three theoretical assumptions of CBT. 6 marks

Question 5

- a) Explain two functions of a therapist in Solution Focused Brief Theory. 2 marks
- b) With examples illustrate four similarities between biblical perspective of a family and Structural Family Theory. 8 marks