



PAC INSTITUTE OF TECHNOLOGY AND SOCIAL STUDIES SEPTEMBER – DECEMBER 2024 ASSESSMENT

FORMATIVE ASSESSMENT

Qualification Code :031306T4PSY

Qualification : COUNSELLING PSYCHOLOGY LEVEL 6

Code : PSY/OS/CO/CR/02/6

Unit of Competency : PROVIDE MARRIAGE AND FAMILY THERAPY SERVICES

WRITTEN ASSESSMENT TIME: 3 HOURS

INSTRUCTIONS TO THE CANDIDATE:

- 1. Read all the instructions carefully before attempting the questions.*
- 2. This paper consists of two sections, A & B.*
- 3. You are allowed 3 Hours to Answer the questions.*
- 4. Marks for each question are indicated in brackets.*
- 5. Write your responses in the Separate Answer booklet provided.*
- 6. Do not write anything on this question paper.*

SECTION A: (40 MARKS)

Answer ALL questions in this section.

1. Explain the following terms: (4 Marks)
 - a) Family of procreation
 - b) Marriage
2. Identify FIVE items found in a bio data for marriage and family counselling (4 Marks)
3. Mention FOUR ways a family counsellor can avoid burnout (4 Marks)
4. Mention FIVE ethical characteristics of professional family and marriage counsellor (4 Marks)
5. Outline FIVE therapeutic goals of marriage and family counselling (4 Marks)
6. Highlight FIVE indicators that a family session needs to be brought to a termination/closure (4 Marks)
7. List any FIVE aspects of a dysfunctional family system (4 Marks)
8. Give FOUR skills necessary for a marriage and family counsellor (4 Marks)
9. At some point, a counsellor may choose to refer a client in a Marriage and family therapy for further support. Highlight FOUR reasons for referral. (4 Marks)
10. Highlight any FIVE ego defence mechanisms that may be experienced in your Marriage and family therapy sessions (4 Marks)

SECTION B: (60 MARKS)

*Answer any **THREE** questions in this section.*

Question 11

- a. Describe Five therapeutic techniques under Cognitive Behavioral therapy (CBT) that Marriage and Family therapist can apply (10 Marks)
- b. Edwin and Rehema are friends, they are planning to wed in five months' time. Explain FIVE benefits of premarital counselling to such couples (10 Marks)

Question 12

- a. Describe FIVE types of marriages in Kenya (10 Marks)
- b. As a marriage therapist, Explain FIVE reasons why people get married (10 Marks)

Question 13

- a. Discuss the stages of family life cycle (10 Marks)
- b. Discuss any FIVE legal issues in marriage (10 Marks)

Question 14

- a. Discuss the importance of intimacy in marriage (10 Marks)
- b. Explain with examples current marriage and family trends in the modern society (10 Marks)