



**PAC INSTITUTE OF TECHNOLOGY AND SOCIAL STUDIES
JANUARY – APRIL 2025 ASSESSMENT**

FORMATIVE ASSESSMENT

Qualification Code : 031306T4PSY
Qualification : COUNSELLING PSYCHOLOGY LEVEL 6
Code : PSY/OS/CO/CR/10/6
Unit of Competency : MARRIAGE AND FAMILY THERAPY

WRITTEN ASSESSMENT

TIME: 3 HOURS

INSTRUCTIONS TO THE CANDIDATE:

- 1. Read all the instructions carefully before attempting the questions.*
- 2. Answer all questions in section A. In Section B, answer Question 11 (compulsory) and any other TWO questions.*
- 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 the questions in this section.

1. Explain differentiation of self-according to Bowen's Theory. **[4marks]**
2. State any **FOUR** goals of Bowen's Theory? **[4marks]**
3. Mention any **FOUR aspects** of a dysfunctional family system? **[4marks]**
4. List **FOUR** therapeutic goals of human validation process. **[4marks]**
5. Give four concepts of Symbolic Experiential Family Therapy. **[4marks]**
6. Mention any **FOUR** items found in the bio-data for marriage and family counselling **[4marks]**
7. What are three key concepts in structural family therapy? **[4marks]**
8. What are **FOUR** explanations you can give of a family diagnosis?
[4marks]
9. Identify **FOUR** indicators that family sessions need to be brought to termination/closure **[4marks]**
10. What are **FOUR** unhealthy ways in which families communicate according to Virginia Satir **[4marks]**

SECTION B: EXTENDED QUESTIONS (60 MARKS)

In this section, you are required to choose any three questions.

Question 11.

Fatia and Allan have been married for 20 years and they have five children who they hardly look after. Most times, the children stay with the paternal grandparents in the village. Two of the children are taking drugs while one got pregnant when she was fourteen years. Fatia works in a bar near their home and she has been drinking profusely and has multiple sexual relationships. Allan is worried that all the children will go to waste. He is a casual labourer in a coffee plantation and

does get much to support his family. Lately, the couple has been fighting and calling each other names and the neighbors say they hardly stay at home.

- a) Explain five issues afflicting this family and how they can be solved
[10 Marks]
- b) Describe the first five stages of family life cycle
[10 Marks]

Question 12

You are working with a couple going through major conflicts in their marriage. Analyze **five** interventions from Gottman which you can use to help them resolve their issues?
[10 Marks]

- a. Discuss five most important forms of intimacy in marriage.
[10Marks]

Question 13

- a) Describe any five key concepts according to Salvador's structural family therapy
[10Marks]
- b) With examples, discuss factors pre-indicative of divorce according to Gottman's theory, also referred also referred as 'four horse men'
[10marks]

Question 14

- a. Analyze five key issues commonly affecting couples? What the sources of those problems?
[10marks]
- b. Describe five aims of couple therapy process
[10marks]