



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**

MAY-AUGUST 2018

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: MFT506

COURSE TITLE: SPIRITUAL FORMATION

EXAM DATE: WEDNESDAY 8TH AUGUST 2018

TIME: 9:00PM-12:00PM

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 out to 30.
- The Exam has two sections – Section A and B.
- Section A has one (1) question that carries 30 marks and is compulsory. Attempt all parts of it.
- Section B has four (4) questions, each carrying fifteen (15) marks. You are required to answer any two (2).
- Only the first two questions from section A 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. Spiritual formation is an important intentional journey of every Christian:
 - a) For each of the following spiritual disciplines, explain how they serve to enhance the spiritual formation of a therapist
 - i) Solitude
 - ii) Prayer6 marks
 - b) Discuss how a spiritual therapist is better resourced to do assessment in their clients.5 marks
 - c) Describe how a spiritual therapist would incorporate tools from Christian faith in the treatment of the client6 marks
 - d) Exposit the merit of the Christ-centered, Bible based and Spirit inspired Christian counsellor in their working with clients8 marks
 - e) Analyze how the practice of spiritual mapping and prayer can be used to enhance the spiritual wellbeing of the communities that we are interested in.5 marks

SECTION B: Attempt any TWO (2) questions in this section. Each question carries 15 marks.

2. The writing of Robert Mulholland Jr is a discourse on the need for spiritual formation. The spiritual discipline of scripture reading he describes incorporates five steps. For each of the five steps listed below,0 explain how they are carried out to provide the benefits to the person practicing.
 - a) Lectio
 - b) Meditatio
 - c) Oratio
 - d) Contemplatio
 - e) Incarnatio15 marks

3. In the 'Beautiful Risk' by Olthuis, there are two kinds of therapists. Those that pride in their expertise in models and those that find it necessary to handle clients from a spiritual psychology in which spirituality and models are integrated. Answer the following questions using the knowledge gleaned from this reading:

- a) Underscore how the psychology of compassion works in therapy 3 marks
- b) Illustrate how the following Olthuis' therapeutic key concepts give effectiveness to therapy:
 - i) Welcoming and blessing
 - ii) Authenticity
 - iii) Safety and belonging
 - iv) Attunement 12 marks

4. Demonstrate how you would use the following parts of love as given by Jean Vanier in the book 'Becoming Human

- a) To reveal
- b) To Understand
- c) To communicate
- d) To celebrate
- e) To empower 15 marks

5. 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. This is part of every human heritage.

- a) Discuss how a therapist can do mapping to determine the presence of a destructive altar in his/her personal life 3 marks
- b) Analyze how 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

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- marks
- c) Describe how a Christian therapist interested in cleaning their spiritual heritage can deal with the altars of their past and raise a new godly altar in its place. 6 marks