



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

END-OF-SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF ARTS

IN COUNSELING PSYCHOLOGY

MAY – AUG, 2025

COURSE CODE: COU4354

COURSE TITLE: COUPLE COUNSELLING TECHNIQUES

END-OF-TERM EXAM

Time: 3 Hours

Instructions:

Answer ALL questions in Section A

Answer Any Two questions from Section B (each 20 Marks).

SECTION A (Compulsory – 20 Marks)

Question 1

- A) Define the following terms as used in couple and family therapy
- Insecure Attachment (2 Mks)
 - Differentiation of self (2 Mks)
 - Highlight the premise under which family therapy operates (4 Mks)

B) Analyze the case study below and answer the subsequent questions

John and Maya, married for seven years, are seeking therapy due to increasing communication breakdowns and frequent arguments over finances and parenting styles. John feels that Maya is overly critical and controlling, while Maya believes that John is emotionally distant and unwilling to share responsibilities. Both express frustration but admit they want to improve their relationship for the sake of their two young children. During the initial sessions, the therapist notices that John tends to dominate conversations, while Maya often withdraws or becomes defensive. The couple has different cultural backgrounds, adding complexity to their expectations and conflict resolution styles.

- Based on the case study, demonstrate TWO specific techniques a therapist could use to build trust and rapport with both John and Maya, considering their communication patterns and cultural differences (4 Mks).
- Identify any TWO potential biases a therapist might have when working with John and Maya, considering their gender roles and cultural backgrounds, (4 Mks).

C)

Malachi 2:14-16

14 You ask, "Why?" It is because the Lord is the witness between you and the wife of your youth. You have been unfaithful to her, though she is your partner, the wife of your marriage covenant.
15 Has not the one God made you? You belong to him in body and spirit. And what does the one God seek? Godly offspring. So be on your guard, and do not be unfaithful to the wife of your youth.
16 "The man who hates and divorces his wife," says the Lord, the God of Israel, "does violence to the one he should protect," says the Lord Almighty. So be on your guard, and do not be unfaithful.

- Using the portion of scripture above, demonstrate any TWO of God's intended purposes for marriage (4 Mks).

SECTION B: Answer ANY TWO Questions (20 Marks)

Question 2

- a) Explain any TWO key aspects of family therapy (4 Mks)
- b) Expose any THREE attachment problems in childhood that are likely to play out in later life romantic relationships (6 Mks).

Question 3

- a) Demonstrate TWO ways in which the use of Emotionally Focused Therapy (EFT) in couple therapy could enhance the development of a resilient relationship (4 Mks).
- b) Explain any THREE ways in which communication and boundaries in a family could influence family dynamics according to family system theory (6 Mks)

Question 4

- a) Demonstrate any TWO Practical Techniques a therapist can use for change to happen in a couple therapy session (4 Mks)
- b) Explain the meaning of John Gottman's concept of:
 - i. Building love maps (3 Mks)
 - ii. Fondness and Admiration (3 Mks).

Question 5

- a) Expose any TWO reasons why therapeutic alliance is central in couple therapy (4 Mks).
- b) Forgiveness after marital infidelity is possible. Justify this statement and highlight any THREE reasons why many couples find it challenging to forgive marital infidelity (6 Mks).