



**SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR
OF ARTS COUNSELLING PSYCHOLOGY
CAMPUS: ONLINE
DEPARTMENT: PSYCHOLOGY**

COURSE TITLE: COUPLE THEORY AND THERAPY

CODE: MPC 601

EXAM DATE: AUGUST , 2021

DURATION: 3 HOURS

TIME:

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your STUDENT NUMBER in the Answer Booklet given
- This Exam has TWO SECTIONS
- SECTION A is **Compulsory**.
- Answer **ANY TWO** questions in **SECTION B**
- *Write clearly and legibly.*

SECTION A: COMPULSORY (20 MARKS)

QUESTION ONE:

- a) Discuss in two ways how the process of separation distress is predictable. (2 Marks)
- b) Explore in four ways how attachment is an integrative theory. (4 Marks)
- c) Demonstrate in a “strange situation” four ways that a securely attached child is likely to respond to the mother/caregiver. (4 Marks)
- d) Discuss two assumptions that are related to working with emotions in Emotion Focused Therapy (EFT). (2 Marks).
- e) Explain three of the six skills and one intervention for each that foster emotional engagement in EFT. (6 Marks)
- f) Analyze two key reframes that the EFT therapists use to track and reflect the couple’s interactions. (2 Marks)

SECTION B: Answer any two questions.

QUESTION TWO:

- a) Discuss three of the most common uses for enactments in EFT. (3 Marks)
- b) Distinguish evocative response from empathic conjecture. (4 Marks)
- c) Demonstrate with an example, how reflection is used in EFT. (3 Marks)

QUESTION THREE:

- a) Discuss two ways in which creating a therapeutic alliance is important in EFT. (2 Marks)
- b) Identify three ways that a therapist works with impasses to slice it thinner in EFT. (6 Marks)
- c) Delineate how fear and uncertainty activate attachment needs. (2 Marks)

QUESTION FOUR:

- a) Identify three negative cycles and interactive positions in EFT. (6 Marks).
- b) Demonstrate how disquisitions are used in EFT? (4 Marks)

QUESTION FIVE:

- a) Explain two key moves the EFT therapist uses to facilitate acceptance. (4 Marks)
- b) Discuss with an example, how you might use heightening in EFT. (4 Marks).
- c) Identify two forms of validation used by EFT therapists. (2 Marks)

Enjoy Your August Holiday.