



**COURSE TITLE: COUPLE THEORY AND
THERAPY**

COURSE CODE: MPC 601

EXAM DATE: THURSDAY JULY, XX 2022

DURATION: 3 HOURS

TIME: 1400-1500

INSTRUCTIONS

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

SECTION A IS COMPULSORY (20 MARKS).

ALL YOUR RESPONSES MUST BE IN PARAGRAPH FORMAT!

QUESTION ONE

(20 MARKS)

Each Response Must be in Paragraph Format.

- a) In three ways, critique whether Emotionally Focused Couple therapy (EFT) is a modern or postmodern therapeutic approach. (6 Marks)
- b) Discuss two main goals EFT therapists use disquisitions during impasse. (2 Marks)
- c) Change occurs on two levels (i.e., first-order or second-order change). Critique how this happens using EFT. (6 Marks)
- d) Explore how emotions is the agent of change in EFT. (2 Marks)
- e) Attachment is “from the cradle to the grave.” Analyze this statement using:
 - i. Two evidences from a biblical perspective. (2 Marks)
 - ii. Four relevant examples from each evidence provided in d) (2 Marks)

ANSWER TWO QUESTIONS IN SECTION B

(20 MARKS)

All Responses Must be in Paragraph Format.

QUESTION TWO

(10 MARKS)

- a) Explain four reasons why attachment is an integrative theory. (4 Marks)
- b) Critique three goals of using validation as used in EFT. (6 Marks)

QUESTION THREE

(10 MARKS)

- a) Explore the four basic premises of systems theory that EFT follows. (6 Marks)
- b) Assess four reasons why pursue/withdraw pattern is a default in couple’s interaction. (4 Marks)

QUESTION FOUR

(10 MARKS)

- a) Explain in one paragraph, two ways when self-disclosure is used in EFT. (4 Marks)
- b) Describe four ways how the EFT therapist works with the observing partner’s reluctance to accept new disclosures. (6 Marks)

QUESTION FIVE

(10 MARKS)

- a) Demonstrate with relevant examples, three ways **when and how** enactments are used in EFT. (4 Marks)
- b)** Illustrate in four ways how softenings are essential to the success of EFT. (6 Marks)