



PAN AFRICA CHRISTIAN UNIVERSITY

**END OF SEMESTER EXAMINATION FOR MASTERS IN COUNSELING
PSYCHOLOGY**

MAY-AUGUST 2022

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: MFT 500

COURSE TITLE: MARRIAGE AND FAMILY THERAPY THEORIES 1

EXAM DATE:

TIME:

INSTRUCTIONS

- Read all questions carefully before attempting.
- Write your **student number** on the answer booklet provided.
- Answer **ALL** questions in **Section A** and **ANY** other **TWO** from **Section B**

SECTION A – Answer all Questions (20 marks)

QUESTION ONE

- a) Describe the term family. (2 marks)
- b) Justify the use of the term family system. (2 marks)
- c) Explain any two basic concepts of general systems theory.(4 marks)
- d) Discuss three ways that a counselor can integrate Christian values into marriage counseling. (6 marks)
- e) Discuss how you can incorporate the three core conditions of person centered theory in marriage counseling. (6 marks)

SECTION B: Answer any two (20 marks)

QUESTION TWO

Read the case study below and respond to the questions given.

Angela's Problem saturated story

Angela came to therapy because she has marital problems. Angela said that she has not had a peaceful marriage and thinks she married the wrong partner. She accuses the husband of taking alcohol instead of solving their marital problems. The husband often tells her that drinking runs in his family therefore it's not a big deal. When he drinks he beats her senseless and then apologizes the next day and life moves on. In addition, Angela says that he has another woman in his life by the name Tabitha. Since she learnt of the said affair, she decided to keep distant and literally shifted to the guest room. Angela stated that her husband has a close relationship with his mother and she demands a lot of money from him oblivious of his family needs. She wants to quit the marriage.

- a). Explore two challenges that Angela is experiencing in her marriage. (4 marks)

- b). Explain how you would apply three concepts of Bowen's transgenerational theory in dealing with these challenges. (6 marks)

QUESTION THREE

Read the case study below and respond to questions given.

Mary and John are busy parents and hardly have time for their son Mark who turned one year. As he grew up, the parents delegated most of his duties such as feeding, bathing and other needs to the house help. Mary never breast fed Mark because she wanted to retain the firmness of her breasts and her figure. Most of the time they would leave the house early in the morning before Mark woke up and come back late in the evening. Most of the time they found him asleep. Last year Mary was retrenched from her job and is currently at home. She is so worried that Mark keeps following the house help and cries so much when the house help leaves him. He has no business with the mother or the father. The couple has decided to seek counseling services because of their son's strange behavior.

- a). Articulate any two goals of therapy. (2 marks).
- b). Using attachment theory describe how you would sensitize Mark's parents on the problem they are facing. (8 marks)

QUESTION FOUR

Read the case study below and respond to the questions given

Mary and her husband Joseph decided to seek counseling services because they have been conflicting over parenting issues. Ian is 14 years while Eve is three years old. Eve has been sleeping in her parents' bedroom since she was born and Joseph has told Mary that Eve is old enough to shift to her own bedroom but she still insists that Eve and her are inseparable. Anytime they engage in a conversation Eve keeps interrupting and this makes their dialogue meaningless. Ian supports the dad that his sister should grow up. Sometimes Joseph becomes so tired and shifts to Ian's room in order to have ample sleep. When the family goes shopping, Eve cries for various items and the mother buys her whatever she asks for. Ian and the dad hardly want Eve to accompany them and they are often together. Mary has been complaining to Joseph that he and the son have ganged against her and this enhances the conflict. When they came in for therapy, Eve sat on her mother's laps while Joseph and Ian sat close together on one couch.

- a). Outline two ways that make this family dysfunctional. (2 marks)
- b). Discuss how you can apply four concepts of Structural theory to assist this family deal with their problematic issues. (8 marks)

QUESTION FIVE

Read the case study below and respond to the questions given

Mrs Otieno is a secondary school teacher and a first born in a family of nine children. She is a mother of two young children; the first born is in class four while the last born is eight months old. She came to therapy because she was feeling overwhelmed with many responsibilities. For the last three months, she has been taking care of her ailing mother in addition to her young family. Mr Otieno is an army officer and currently he is away on official duties at undisclosed location. She complained that she has no one to help her and that is why she is feeling overwhelmed. She says there is too much to do but less time to accomplish the work. She has lost control of her life.

- a).Mention Mrs Otieno's yearning. (1mark)
- b).Identify three types of feelings that emanate from Mrs Otieno. (3 marks)
- c).From the case study describe three expectations of Mrs Otieno. (6 marks)