



**COURSE TITLE: MARRIAGE AND FAMILY THERAPY THEORIES I
CODE: MFT 500**

EXAM DATE: APRIL 2024

DURATION: 3 HOURS

TIME: 1800-2100

INSTRUCTIONS

LECTURER: DR. AMOS KEYA ALUMADA

Read the instructions and questions carefully before you write the answers.

This Exam has TWO SECTIONS

SECTION A is Compulsory.

Answer any **TWO** Questions in **SECTION B**

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FINAL EXAM

PART I – Question one is compulsory (20 Marks)

Question 1

Read and answer **Question 1A** using the following case study.

Keith is 23, male adult who was referred to you for therapy by his friend. In his narrative, Keith painfully narrates how he feels rejected in his family of origin especially by his father (Omo). He further said that his father hates him and never responds to his requests but is very close to Nyalo (his younger brother), which makes him very mad. Nyalo, according to Keith, is their father's confidant. Omo (their father) never does anything without consulting Nyalo. Whatever Nyalo does is not questioned by Omo but Keith is heavily criticized for things that Nyalo has done. On the other hand, Jeremy considers Reby (their mother), as the only one who cares and understands him in their family. She often convinces Nyalo to make requests on Keith's behalf to their father because Omo hardly says no to his requests. Keith accuses his father of not practicing Christian values despite being a church elder.

- i. Analyze in two paragraphs, your theoretical conceptualization of the above case using Bowen Theory. (6 Marks)
- ii. Using the same case, conceptualize two issues using Attachment Theory. (4 Marks)
- iii. Briefly explain the applicability of spiritual integration using Satir Family Growth Model as part of intervention. (4 Marks)

(B) Family Systems Theory is an apparent paradigm shift from individual therapy.

- a. Distinguish in three ways how family systems theory differs from individual therapy. (6 Marks)

PART II - Answer any two questions in Part II. Each question carries 10 Marks

Question 2

(10 Marks)

Ahmed is a 72 year-old Kenyan male of Arab origin married to Furaha (64 years old), a Kenyan female of African descent. The couple has four children and 11 grandchildren. Ahmed has accounting background and describes himself as having worked hard throughout his lifetime to provide for his family. The couple met in Nakuru where Ahmed had established Cheese manufacturing company in 1985. He moved to Malindi in 1997 to market and distribute his products leaving his wife, Furaha to manage the company. He stayed in Mombasa until 2002 when his Cheese company started going under due to poor management and inability to service debt of 50 million Kenya shillings from the bank. He moved to the UK in 2002 where he stayed for 20 years before returning to Kenya in July 2023. Furaha never visited him throughout the 5 years and 20 years he stayed in Malindi and the UK respectively. Ahmed recently suffered from stroke on the right side. He was recommended for therapy by his brother. He told the therapist that, his wife has denied him conjugal rights for 25 years. He also discovered that she was having an affair with someone well known to his children and family members throughout this period he was away. He is too bitter to find that there are no Title Deeds for

most of the properties he worked hard to secure a part from his matrimonial home in Nakuru and three apartments in Nairobi.

- a) Assess two underlying issues that Ahmed is struggling with from a systemic perspective. (4 marks)

The answers will depend on theoretical, multicultural, or biopsychosocial frameworks

- b) Analyse two interventions that you will use from Bowen's (Transgenerational Family Model) with Ahmed. (4 Marks)

There are eight concepts one can use

- c) Integrate one key biblical intervention that you can suggest to Ahmed and demonstrate how it is likely to be effective as part of his recovery journey. (2 Marks)

Forgiveness/ self-forgiveness, etc.

Question 3

10 Marks

Use the Satir Family Growth Model to answer the following case study drawn from Luke 15: 11-32.

¹¹ Jesus continued: "There was a man who had two sons. ¹² The younger one said to his father, 'Father, give me my share of the estate.' So he divided his property between them. ¹³ "Not long after that, the younger son got together all he had, set off for a distant country and there squandered his wealth in wild living. ¹⁴ After he had spent everything, there was a severe famine in that whole country, and he began to be in need. ¹⁵ So he went and hired himself out to a citizen of that country, who sent him to his fields to feed pigs. ¹⁶ He longed to fill his stomach with the pods that the pigs were eating, but no one gave him anything. ¹⁷ "When he came to his senses, he said, 'How many of my father's hired servants have food to spare, and here I am starving to death! ¹⁸ I will set out and go back to my father and say to him: Father, I have sinned against heaven and against you. ¹⁹ I am no longer worthy to be called your son; make me like one of your hired servants.' ²⁰ So he got up and went to his father. "But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him. ²¹ "The son said to him, 'Father, I have sinned against heaven and against you. I am no longer worthy to be called your son.'

²² "But the father said to his servants, 'Quick! Bring the best robe and put it on him. Put a ring on his finger and sandals on his feet. ²³ Bring the fattened calf and kill it. Let's have a feast and celebrate. ²⁴ For this son of mine was dead and is alive again; he was lost and is found.' So they began to celebrate. ²⁵ "Meanwhile, the older son was in the field. When he came near the house, he heard music and dancing. ²⁶ So he called one of the servants and asked him what was going on. ²⁷ 'Your brother has come,' he replied, 'and your father has killed the fattened calf because he has him back safe and sound.' ²⁸ "The older brother became angry and refused to go in. So his father went out and pleaded with him. ²⁹ But he answered his father, 'Look! All these years I've been slaving for you and never disobeyed your orders. Yet you never gave me even a young goat so I could celebrate with my friends. ³⁰ But when this son of yours who has squandered your property with prostitutes comes home, you kill the fattened calf for him!' ³¹ "'My son,' the father said, 'you are always with me, and everything I have is yours. ³² But we had to celebrate and be glad, because this brother of yours was dead and is alive again; he was lost and is found.'"

- a) Describe the survival stances for the father and his first born son. (4 Marks)
- b) Demonstrate how the prodigal son experienced himself in his iceberg concerning his:
- i) father, and . (4 Marks)
- ii) brother (2 Marks)

This is an application question. There is no one answer

Question 4

10 Marks

Use the Object Relations/Attachment Theory to answer the following case study.

Bidii and Neema are parents to Raha aged 32, Starehe 29, and twin daughters, May and Mayla aged 26 years. Bidii has worked in Dubai for the last 35 years. The family is seeking help from you because Bidii is going through retirement transition. His wife is a School principle in Kwale. The couple complains about their sons who are still single, not working, and addicted to weed. They praise their daughters who are both married and raising families of their own. Bidii claims that, as parents, they have been busy working to carter for their family all through. Raha and Starehe remember playing a lot with dolls as the mother closely attended to their twin sisters. Furaha, retorts, “I had no extra energy for the boys! They were all over all the time! I was all alone to raise these four kids. By the end of the day, I was too exhausted to reach out to any particular kid leave alone remembering to take care of myself!”

- a) Assess the underlying issues that Raha and Starehe could be experiencing. (4 Marks)
- b) Explore three KEY interventions and show how you can apply each one of them to help the couple to move forward as parents. (6 Marks)

This is an application question. There is no one answer

Question 5

(10 Marks)

Read the following case and answer the questions below:

Milele is 58 years old and his wife Mwanzo is 54 years old. Both have two sons Maisha aged 28 and Tulia 21. Maisha is married and has a daughter, Mwanzo named after his mother. Milele informs you that he worked in the USA for 16 years until two years ago when he returned to Kenya. Maisah was in Grade 8 when his father left the country while Tulia was in Grade 1. Upon his return Milele established a very successful construction company and he considers himself as a successful businessman. He spends 10-12 hours at work for six days a week. They have come to see you as a couple. Milele complains that his wife does not want intimacy. His wife tells you that she is tired most of the time and she has lost interest in sex. The couple hardly talks and they do not have common activities and hobbies. They describe themselves as parents to their children and grand daughter.

- a) Assess **two presenting issues** that the couple is struggling with from the Object Relations Theory. (2 Marks)
- b) Discuss **one intervention** you would use to treat this couple from Structural Family Therapy. (2 Mark)
- c) Identify **two underlying yearnings** for each partner from the Satir Growth Model. (2 Marks)
- d) How does this case study contribute to your understanding of family therapy? (4 Marks)

This is an application question. There is no one answer