



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

**END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY**

MAY-AUGUST 2018

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU4353

COURSE TITLE: COUPLE COUNSELING TECHNIQUES

EXAM DATE: THURSDAY 9TH AUGUST 2018

TIME: 5:30PM-8:30PM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your **STUDENT NUMBER** in the Answer Booklet given
- ***Answer Question One and any other two***
- *Write clearly and legibly.*
- *ALL PAC University's examination rules and regulations apply*

1. a) Explain three problems can be dealt with in family therapy. (6 marks)
- b) Discuss any three legal issues that may arise while working with couples (6 marks)

c) Peter enters the counselling room and states he doesn't want to be in counselling and is only present for Maria. Maria is distressed because Peter constantly wants sex and she is exhausted from working all day and taking care of the children. Needless to say, Maria has very little sexual desire. The problem is exacerbated in that Peter shows little emotion and refuses to discuss Maria's concerns.

Explain how cultural or societal expectations may have influenced the sexual difficulties faced by this couple? (6 marks)

- d) Explain any three common issues brought by couples into counselling. (6 marks)
- e) Discuss the usefulness of imago therapy in couple counselling. (6 marks)

2. a) Discuss the following levels of the Gottman's sound relationship House theory.

- i) Building love maps(3marks)
- ii) Sharing fondness and admiration (3 marks)
- iii) The positive perspective (3 marks)
- iv) Managing conflict (3 marks)
- v) Making life dreams come true(3 marks)

3. a) Discuss any two models used in addiction counselling. (5 marks)
- b) Explain any five roles family members often assume in homes with alcohol dependent parents. (10 marks)

4. a) Discuss the following stages of change useful when working with an addicted family.

- i) Pre-contemplation (2 marks)
- ii) Contemplation (2 marks)
- iii) Preparation (2 marks)
- iv) Action (2 marks)
- v) Maintenance (2 marks)

- b) Explain any two goals for therapy with addicted families. (5 marks)

5. a) Discuss any four indicators that can lead to future infidelity. (8 marks)
- b) Mary and John have gone for treatment because they are suffering from a sexual disorder. They have not had sex for 2 years. Mary says that John does not initiate sex. John says that Mary is no longer attractive. Explain how you would help this couple to regain intimacy. (7 marks)