



PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE DEGREE OF MASTER
OF ARTS IN MARRIAGE & FAMILY THERAPY
SEPT-DEC 2020

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: MFT506

COURSE TITLE: SPIRITUAL FORMATION

DATE: 16TH DEC. 2020

TIME: 2.30-5.30

DURATION: 3HRS

INSTRUCTIONS

- Write your **student number** on the answer booklet provided.
- Read the questions carefully before attempting.
- This Exam accounts for thirty (30) per cent of your total grading. The exam will be marked out of **50** and then worked out of **30**.
- The Exam has two sections – Section A and B.
- Section A has a compulsory question that carries **Twenty (20)** marks. Attempt all the sections.
- Section B has **five (5)** questions, each carrying **Ten (10)** marks. You are required to answer any **three (3)**.
- Only the first **three** questions from section B attempted on your answer booklet will be marked. If you do not wish that to happen, cancel any answers you do not wish marked.

ALL PAC University's examination rules and regulations apply

SECTION A: ATTEMPT ALL THE SECTIONS OF THIS QUESTION. TOTAL MARKS TWENTY (20).

1. Spiritual formation is the subject of many authors.
 - a) Use Copan discussion on Spiritual Formation to outline your understanding of Spiritual formation. 5 marks
 - b) In the pursuit of spiritual formation, spiritual disciplines are a great practice. Discuss how you would guard your practice to achieve the goal of spiritual growth, clearly stating what that goal would be. 5 marks
 - c) Describe how you would organize a personal schedule of solitude. 5 marks
 - d) Discuss the value that the engagement in the solitude recurrently would accrue. 5 marks

PART B: ANSWER ANY THREE QUESTIONS FROM THIS SECTION. EACH QUESTION CARRIES 10 MARKS.

2. Wawei came to see you in your practice. He confessed that his choice for you above your competitors was because he learnt you were a Christian therapist. He further highlighted that he had seen so many other normal therapists without much change to his symptoms.
 - a) Outline how you would explore to expose any spiritual content in his life. 6 marks
 - b) Explain any two tools from your spirituality, you would employ to gain greater understanding of Wawei. 4 marks
3. Thendi grew up severely abused and neglected. Her mother left her father for another man when she was 8 years old. What followed was a life of severe physical assault, emotional abuse and deprivation of essential needs. At the age of 21 years, she has come to seek your help in what she terms as reconstructing her life.
 - a) Identify the nature of negative emotional entanglement with people in Thendi's life history that could constitute her life struggles. 6 marks
 - b) Outline any four symptoms that could emerge from exploring her life. 4 marks
4. Neuroscience has continued to reveal how attitudes, emotions and actions imprinted in the brain continue to influence the spiritual and non-spiritual life. Based on neuroscience research, describe how an individual can develop their spirituality from the following insights:
 - a) Mirroring or neurological contagiousness
 - b) The revelation that we are wired to connect
 - c) Memory and re-experiencing
 - d) Brain maps
 - e) Person's surrounding environment

5. The backgrounds provide each human being with an elaborate foundation of spirituality. For some people, the backgrounds may consist of ungodly altars on which are elaborate covenants that are binding. These spiritual forces constitute real powerful actors in each person's life.
- a) You are invited by a church to educate them on ungodly altars. Relate to them three ways people get connected to ungodly altars. 3 marks
 - b) Analyze three hindrances a therapist can experience in their life and work due to the existence of an ungodly altar/covenant from their background or their personal indulgence in life. 3 marks
 - c) Describe how a Christian therapist interested in cleaning their spiritual heritage can deal with the altars of their past and raise a new godly altar in its place. 4 marks
6. A Christian therapist is resourced with both psychological and spiritual tools.
- a) Explain four spiritual tools you would use in your sessions. 2 marks
 - b) Discuss three causes of spiritual wounds in the human spirit. 3 marks
 - c) Outline how you would use a spiritual approach to helping a client to deal with damages accrued in their spirit through relationships that were not nurturing 5 marks