



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

EXAM DATE: 14TH DECEMBER 2021

DURATION: 3 HOURS

TIME: 1800-2100

INSTRUCTIONS

LECTURER: DR. EVANS ONSANDO

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

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FINAL EXAM

PART I – Question one is compulsory (20 Marks)

Question 1

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

- a) Describe the three major goals of family systems theory. (6 Marks)
- b) Explain two differences between family systems theory and individual therapy. (4 Marks)

Read and answer the following questions from this case study.

Kedong is a 21-years male adult who was referred to your office for therapy by his friend. In his narrative, Kedong painfully narrated how he felt rejected in his family of origin especially by his father (Tom). He further said that his father hates him and never responds to his requests but enjoys a very close relationship with Nyando (his younger brother). Nyando, according to Kedong, is their father's confidant. He never does anything without consulting Nyando. On the other hand, Kedong narrated that Trizah (their mother), is the only one who cares for him in their family. She often convinces Nyando to make requests on Kedong's behalf to their father because Tom hardly says no to his requests. Kedong accuses his father of not practicing Christian values despite being a church elder.

- a) Analyze in one paragraph, your theoretical conceptualization of the above case using Bowen theory. (3 Marks)
- b) Using the same case, conceptualize the problem using Structural family theory. (3 Marks)
- c) Briefly explain the applicability of spiritual integration using Bowenian and Structural theories as part of intervention. (4 Marks)

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

Question 2

(10 Marks)

Different family therapy theorists define their clients' problem differently. Briefly describe how the problem is defined in one paragraph for each of the following theories:

- a) Bowen Family Theory. (2.5 Marks)
- b) Satir Family Theory. (2.5 Marks)
- c) Object Relations Theory. (2.5 Marks)

d) Structural Family Theory

(2.5 Marks)

Question 3

10 Marks

- a) Briefly explain the five freedoms enjoyed by people who have an appropriate sense of self-worth/self-esteem according to Satir Growth Model.
(5 Marks)
- b) Articulate the five coping stances that can be easily observed during therapeutic sessions with clients.
(5 Marks)

Question 4

10 Marks

Proponents of structural family therapy argue that hierarchy is critical for family homeostasis. While reflecting on the model:

- a) Describe the two main developmental stages that the family progresses through.
(4 Marks)
- b) Explain two main subsystems in structural family therapy.
(2 Marks)
- c) Articulate two techniques used in structural therapy.
(4 Marks)

Question 5

(10 Marks)

- a) Object relations theorists emphasize the significance of self objects in the development of future relations. Some of the key concepts propagated by the theorists include;
 - i. Splitting
 - ii. Introjection and Projection process
 - iii. Normal Symbiosis
 - iv. Subjective Omnipotence

Briefly explain each concept in one paragraph.
(8 Marks)

- b). Citing a relevant example for each, distinguish how first order change differs from second order change.

(2 Marks)