



**SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION**

**MAY - AGUST 2025 SEMESTER
COURSE CODE: MFT 500
COURSE TITLE: MARRIAGE AND FAMILY THERAPY THEORIES I
DATE: ... AUGUST 2025
DURATION: 3 HOURS
TIME: 5.30PM**

INSTRUCTIONS:

- 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**

SECTION A : COMPULSORY (20 MARKS)

QUESTION ONE

a) Study the case below and answer the questions.

The Thompson family consists of John (father, 45), Mary (mother, 43), Emily (daughter, 16), and Michael (son, 12). John and Mary have been married for 20 years. Recently, the family has been experiencing significant stress due to John's job loss and Emily's struggles with depression. Mary has been trying to hold the family together but feels overwhelmed. Michael, sensing the tension, has started acting out at school. The family decides to seek therapy.

- a) How might the concept of differentiation of self, help the Thompson family manage their current stress? (4 Marks)
- b) Apply structural family therapy and conceptualize how a therapist can address power dynamics in the family. (4 Marks)
- c) Discuss how John's early childhood relationships influence his current behavior and emotional state in the face of job loss. (6 Marks)
- d) Articulate two ways, using Satir's communication styles to understand the underlying issues in the Thompson family. (6 Marks)

SECTION B : ANSWER ANY TWO (2) QUESTIONS FROM THIS SECTION

QUESTION TWO

- a) A 35-year-old man reports feeling emotionally numb in relationships. He describes his father as "cold and absent," and he struggles to connect with his own son.
Using Object Relations Theory, explain how this client's early relationship with his father might influence his current parenting style. (4 Marks)
- b) Communication patterns within a family can influence the effectiveness of Systemic Family Therapy. Explain the statement. (6 Marks)

QUESTION THREE

- a) Evaluate the impact of cultural factors on the implementation and outcomes of Systemic Family Therapy. (4 Marks)
- b) A couple presents with marital conflict rooted in financial disagreements. The husband grew up in poverty and hoards money, while the wife, raised by wealthy but emotionally detached parents, spends excessively.
Critique how Bowen's multigenerational transmission process explains each partner's financial behavior. (6 Marks)

QUESTION FOUR

- a) Self-worth and differentiation are two concepts of self and autonomy in family systems. Explain how they differ. (4 Marks)
- b) A 45-year-old woman seeks therapy due to chronic anxiety. She describes her parents as 'always at war' and recalls being pulled into their conflicts as a child. Now, she avoids visiting them and feels guilty for abandoning them.
Using Bowen's concepts of triangulation and emotional cutoff, analyze how this client's family dynamics contribute to her anxiety. (6 Marks)

QUESTION FIVE

- a) Critically evaluate the limitations of Structural Family Therapy's (Minuchin) focus on boundaries and hierarchies when working with trauma survivors. (4 Marks)
- b) A family presents with a 14-year-old daughter who has been diagnosed with depression. During sessions, you observe:
The mother placates ("I just want everyone to be happy"),
The father blames ("She's lazy; she needs to toughen up"),
The daughter withdraws (super-reasonable/"I'm fine, just leave me alone").

Articulate how each family member's communication stance perpetuates the daughter's depression. (6 Marks)