

MFT 600: MULTICULTURAL FAMILY THERAPY

Answer Question 1 and any two (2) other questions

QUESTION ONE (20 MARKS)

A family is referred to you for therapy, Mzee Jonas, 75, and Mr. P and his wife are both 45 year olds. Mrs. P's mother was recently involved in a motor vehicle accident that has rendered her paraplegic. Mzee Jonas is Mrs. P's father, and husband to the accident victim.

Mr. P and his wife report that since the accident, they barely have any conversation that does not end up in a quarrel. Mrs. P states that she feels neglected by everyone in her household. Mrs. P also states that her husband has been resistant to talk about his feelings about the accident. She also complains that he 'keeps insisting that we focus on the future and not live in the past'. Mrs. P intimates that this makes her resentful of her husband.

Mr. P on the other hand raises two concerns. His first concern is that the family appears overly focused on 'mother who is in hospital' that they do not seem to notice the suffering of Mzee Jonas. Mr. P states that the old man appears to have 'gone into a cocoon' and is not the 'energetic and radiant' old man they once knew. Mr. P states that his insistence on the future is borne out of the realization that Mzee Jonas will need taking care of. At this point, Mrs. P interjects and angrily reminds her husband that it is her mother who is bed-ridden and needs caring, not her father. When asked, Mzee Jonas states that he is sorry for 'being a burden to this family' and wishes to 'just go home'.

From the case above:

- a) Demonstrate how traditional rules of masculinity may be influencing the functioning of these clients (10 marks)
- b) Discuss two (2) ways in which you would seek to overcome the following cultural challenges when working with this family: gender and age (10 marks)

QUESTION TWO (20 MARKS)

- a) Using a relevant example for each, demonstrate the importance of the three cultural competency paradigms, to improve your functioning as a marital and family therapist (15 marks)
- b) Discuss the importance of 'flexibility in therapeutic approach', in family therapy (5 marks)

QUESTION THREE (20 MARKS)

- a) Critically analyze the Personal Dimensions of Identity (PDI) model (12 marks)
- b) Assess the value of this model in enhancing multicultural therapy competence (8 marks)

QUESTION FOUR (20 MARKS)

- a) Using relevant examples examine four (4) ways in which a therapist can increase their awareness of privilege (16 marks)
- b) Contrast microinsults from microinvalidations (4 marks)

QUESTION FIVE (20 MARKS)

- a) Assess the importance of disclosure of sexual orientation to family members in the self-acceptance and confidence outcomes of young adults who identify as being homosexual (12 marks)
- b) Critically analyze how your beliefs or assumptions about same sex relations could either help or hinder the therapeutic environment that you create for your clients (8 marks)