



PAN AFRICAN CHRISTIAN UNIVERSITY
DEPARTMENT OF PSYCHOLOGY
SPIRITUAL AND THEOLOGICAL RESOURCES (MFT- 602)

August 27th, 2020:

Time: 0800-1100AM

FINAL EXAMINATION - ONLINE

Instructions:

Question **ONE** is **Compulsory**. Answer any other **THREE** questions from the choice provided.

QUESTION ONE:

A couple namely the Bidas, comes to you for therapy. After interviewing them, you find that they have been deeply wounded by past experiences and relationships in religious contexts. Patriarchal domination, excessive constraints, rigid belief systems, and harmful abuse and abandonment are part of the legacy of their religious community. Even then, the couple finds it so hard to leave their religious community.

- a) Determine (a paragraph), the value of exploring the past life of the couple above.**2 Marks**
- b) Articulate **THREE** ways for assessing the case at hand. **(6 Marks)**

- c) Determine the theoretical approach you would use and in **THREE** ways support your choice of the theory. **(6 Marks)**
- d) Demonstrate in **TWO** ways; the way forward of the Bidas' spirituality. **(5 Marks)**

Question TWO:

- a) Discuss **TWO** reasons to why the therapists neglected the issues of spirituality and religion in family therapy in the centuries past. **(5 Marks)**
- b) Explain **TWO** aspects of your support for integration of spirituality and psychology in family therapy. **(5 Marks)**

QUESTION THREE:

- a) Critique **TWO** assumptions of spiritual approach to therapy when dealing with a family or an individual. **(5Marks)**
- b) Deliberate in **TWO** ways the importance of exploring clients' ethnicity when dealing with spiritual and religious issues. **(5 Marks)**

QUESTION FOUR:

Discuss and illustrate in **TWO** ways each:

- a) "Forgiveness is not a feeling but a decision." **(5Marks)**
- b) "Forgiveness is the restoration of freedom to oneself." **(5Marks)**

QUESTION FIVE:

- a) Demonstrate in **TWO** ways, the importance of considering ethical issues in spirituality and theological integration. **(5 Marks)**
- b) Discuss **TWO** clients' spiritual resources that you could use in working with a client. **(5Marks).**



COURSE TITLE: COUPLE TREATMENT (GOTTMAN)

CODE: MPC 602

EXAM DATE: AUGUST 25, 2020

DURATION: 3 HOURS

TIME: 1430-1730

INSTRUCTIONS

- 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.*

SECTION A: COMPULSORY (10 MARKS)

QUESTION ONE:

Read the following case and answer the f questions below.

Baraka remembers that falling in love with Neema was easy. She was “attractive, intelligent, and fun.” Holding on to her was harder. Soon after their first date, Neema left for a two-year Peace Corps job in South Sudan. Baraka kept the courtship alive by sending Neema passionate WhatsApp texts. He would join her in South Sudan at the end of her stint, he promised, and they would spend several weeks touring exotic destinations together.

Neema consented. “He was nice, fun, and witty,” she recalls. And traveling with a man would feel safer than traveling alone. “But I thought he was crazy for sending WhatsApp messages. We didn’t even know each other!”

During the initial meeting, Neema complains that Baraka works far too much. She says he puts in so many hours at his job as tour guide for a busy tour firm that he often has no energy left for the family. “Baraka can be a great dad,” Neema says. But when he takes time off, he’s often too preoccupied and tired to play with our kids, aged 6 years, 4 years, and eighteen months.”

Neema works part-time as a nurse, so she understands how compelling Baraka’s work can be. But she feels strongly that, for the sake of their marriage, Baraka needs to strike a better balance between work and family.

Neema also wants more of Baraka’s attention herself. After they put the kids to bed, he often disappears into his library until the wee hours, she complains. She would like him to come to bed with her and cuddle. “Whatever happened to the guy who wrote those passionate love messages,” she wonders. “Why can’t he understand that she’d still like to see his romantic side!”

Meanwhile, Baraka has got his own complaints. Neema doesn't seem to appreciate how hard he works for the family's benefit. He feels that all he gets from her are criticism and demands. She should understand that when he's grappling with a difficult problem at work, it's hard for him to just "turn his brain off" and focus on the family." If he's going to relax, he needs more "down time," more solitude. Neema's requests for attention just make him want to withdraw.

- a) Assess two problems that:
 - i. Neema is struggling with? (2 Marks)
 - ii. Baraka is struggling with? (2 Marks)

- b) For each problem identified in A above, provide a solution from Gottman. (4 Marks)

- c) Identify two hazards of avoiding conflict. (2 Marks)

SECTION B: Answer any two questions.

QUESTION TWO:

Mike and Maria arrive at your office quite exhausted. Parents of eighteen-month-old Tess, the couple has endured a series of stressful events over the past two years. Maria's sister died from a complicated illness just six weeks before Tess was born. Then Mike, 43, was diagnosed with a heart defect that required open-heart surgery. Now Maria, 39, is struggling with a demanding new job as an officer for a financial services company. And Mike has the pressure of making a profit with his newly opened restaurant—a business he financed with investment from friends.

They have big concerns about their health because each has recently gained more than fifty pounds. Both have snoring problems, made worse by their weight gain, so they're sleeping in separate rooms. Feeling exhausted and unattractive, they've lost their interest in romance. In fact, it's been months since they've even attempted to have sex.

But it hasn't always been this way. In fact, when the therapist asks Mike and Maria to talk about the way they met ten years earlier, they become suddenly energized and animated.

Maria's face seems to light up in a rush of vivid, happy memories.

In a silly mood, the two women started a game of paper, scissors, rocks to determine who would make a play for Mike. “We were both so interested in this cute guy with nice, long legs,” Maria remembers. “Then he turns and starts walking straight toward us through the crowd. I took it as a sign from God!”

- a) Identify four issues that the couple is dealing with at the moment? (4 Marks)

- b) Provide interventions (Gottman) for each of the four issues identified in A above. (4 Marks)

- c) Articulate two ways that the couple can keep their love maps up-to-date? (2 Marks)

QUESTION THREE:

When doctors Shuka and Daima first met, they were thrilled to discover they shared so many interests—a love of nature, hiking, and travel. Coworkers at the same hospital, they even liked the same books—especially those that inspire people to pursue their passions. Add to this mix a mutual attraction: Shuka distinctly remembers first noticing “the freckles under Daima’s eyes,” and Daima was impressed by the way Shuka’s smile “could light up a room.”

“This is going to be my first real relationship,” thought Daima, who had recently left an unhappy marriage. For Shuka, “being in a relationship with Daima seemed effortless.”

Years of expensive fertility treatments, along with a series of miscarriages, put a serious strain on their marriage. Grief counselling and marital therapy taught them a great deal about communicating their feelings and supporting each other through difficult times. And eventually they conceived a baby whom Daima carried to term.

Furaha is two years old. Daima, is now a stay-at-home mom, and she is four months pregnant with their second child.

Shuka, 29, has remained an idealist who’s not afraid to say what he wants—and doesn’t want—from life. He loves backcountry adventure, playing the piano, and volunteering in his community, and he would like to have more time for these things in his life. But lately he feels trapped by the never-ending demands of his job and family life.

Shuka' restlessness disturbs Daima, 27, whose mom was recently diagnosed with a serious illness. Daima sometimes feels overwhelmed by the day-to-day responsibilities of caring for her mom and Furaha, and she's worried that she may lose her current pregnancy. She says she wants to know that Shuka is there for her, physically and emotionally. But these days she's not quite sure. This tension has led to some serious arguments which are becoming a big concern to them.

a) Assess the four presenting issues by the couple for therapy. (4 Marks)

b) Provide four interventions (Gottman) for each of the issues identified in A above.

(4 Marks)

c) Describe the relationship between perpetual issues and conflict avoidance. (2 Marks)

QUESTION FOUR:

Read the following narrative and answer question a and b.

Richie and Malaika have small children. The couple looks back at their childless years together and marvel at all the time they once had to just relax. Richie loves to cook," Malaika explains. "So, I would watch and we would yak while he made the meal."

"We always ate dinner late because it took a long time to prepare," he remembers. "Then, afterwards, we would just sit for the longest time and just talk."

All that changed when Richie and Malaika became parents after 11 years of marriage. Now, when Richie comes home from his job as a manager at a software company, he's greeted at the door by their two sons, Eli, age four, and Caleb, 11 months. Malaika, now a stay-at-home mom, is often exhausted by 6:00 p.m., and she's ready for Richie to take the kids off her hands.

"I feel like it's crunch time as soon as I walk in the door," Richie complains. "There are too many things happening all at once. Eli wants my attention. I need to change my clothes. I need to get dinner made..."

“I usually cook these days,” Malaika responds, and Richie nods in agreement, falling silent, looking sad. It’s obvious that their long, intimate dinners are a thing of the past.

All told, Richie and Malaika say they’re a “great team” when it comes to meeting their kids’ needs. “But sometimes I feel like that’s all we are,” says Richie, 37 years old.

Take bedtime, for example. Malaika, 35, feels strongly that babies should not sleep alone. So, for the time being, Caleb has a place in his parents’ bed. The trouble is, the baby often doesn’t rest well near Malaika; he keeps trying to nurse throughout the night. So, lately, Malaika’s been leaving him in the bed with Richie and going off to the guest room to sleep by herself. Consequently, the couple finds very little time for cuddling with each other. Sex at night is out of the question.

- a) Assess two issues that the couple is struggling with. (2 Marks)
- b) Expound two interventions (Gottman) that are appropriate to address the two issues you identified in C above. (2 Marks).

Using the Gottman Sound Relationship House:

- c) Explore two ways how the stress-reducing conversation is important to the couple relationship? (4 Marks)
- d) Explain the importance of the concept of the “Emotional Bank Account.” (2 Marks)

QUESTION FIVE:

Raha was attracted to Amani the first time he saw her entering the kitchen in the Java restaurant where they both worked. But she let him know early on that she wasn’t interested in him.

“I told him I didn’t go out with coworkers,” the former waitress remembers. “And besides, I was more inclined to date wild, long-haired drummers in rock bands.”

This clean-cut MFT student, who was working part-time as a cook, didn't fit the mold. But a few weeks later, when he invited her to join him hiking in the Ngong hills, she consented.

“He was taking his dog, and I just love dogs, so I decided to go,” explains Amani, now 25 years old. Soon she found herself sitting next to him on a rock, thinking, “Wow, I'd really like to kiss him!”

She resisted the impulse—for about six hours. But by the end of the day, she wasn't limiting herself to drummers anymore. And by the end of the year, they'd moved in together.

Four years later, Raha looks back to those early days as “a real roller-coaster ride.” He blames the turmoil on the old saw “opposites attract.” That is, the qualities they found most attractive in each other were the very things that drove them apart. While Amani was outgoing, Raha was more introverted. While Raha strived for stability, Amani was looking for excitement, taking risks.

- a) Conceptualize four issues presented in this case. (4 Marks)

- b) Explore the possible interventions (Gottman) for each case presented in A above. (4 Marks)

- c) Discuss in one paragraph the importance of the first three levels of the Sound Relationship House Model for the couple's relationship? (2 Marks)



PAN AFRICA CHRISTIAN UNIVERSITY

**MASTERS IN MARITAL AND FAMILY THERAPY
END OF TERM EXAMINATION (MAY TO AUGUST 2020)
DEPARTMENT: COUNSELING PSYCHOLOGY**

COURSE CODE: MFT 507

COURSE TITLE: ETHICAL AND LEGAL ISSUES IN MFT

EXAM DATE:

Time

TIME: TWO (3) HOURS

INSTRUCTIONS

- Read all questions carefully before attempting.
- Write your student number on the answer booklet provided.
- Question **ONE in SECTION ONE** is Compulsory.
- Answer any other **TWO questions in SECTION TWO** from the choices provided.

SECTION ONE - COMPULSORY QUESTION

QUESTION 1

- a. Explain five instances in which MFT therapists should consider informed consent as an “ongoing process.” (10 marks)
- a. Discuss how Integrity would be the dominant principle in psychology : -
- i. Clinical practice - give three instances. (6 marks)
 - ii. Research – give two instances (4 marks)

SECTION TWO: ANSWER ANY TWO QUESTIONS FROM THE CHOICES PROVIDED

QUESTION 2

Describe five instances which constitute a patients’ rights in therapy. (10 marks)

QUESTION 3

Explain any five cardinal requirements that therapists should make clear at the beginning of treatment when offering psychological services at the request of a third-party. (10 marks)

QUESTION 4

Give an example on how a therapist may harm or exploit a client or patient in each of the following ethical areas. (10 marks)

- i. Competence
- ii. Human relations
- iii. Privacy and confidentiality
- iv. Financial arrangements
- v. Assessment

QUESTION 5

- a. An 18-year-old woman is referred to you for treatment of social anxiety and insomnia. Following the initial interview, you and client negotiate a treatment plan targeting social anxiety. The client attends the next session stating that she is ambivalent about addressing her anxiety and instead wants to focus on her insomnia. Discuss three most appropriate interventions you would offer to the client's ambivalence. (6 marks)
- b. Differentiate between internal and statutory regulation of the profession of psychology. (4 marks)



PAN AFRICAN CHRISTIAN UNIVERSITY
DEPARTMENT OF PSYCHOLOGY
SPIRITUAL AND THEOLOGICAL RESOURCES (MFT- 602)
August 27th,2020: FINAL EXAMINATION - ONLINE
LECTURER - DR. ANNE WAMBUGU

Instructions:

Question **ONE** is **Compulsory**. Answer any other **THREE** questions from the choices provided.

Time: 3 Hours

1. A couple namely the Bidas; comes to you for therapy. After interviewing them, you find that they have been deeply wounded by past experiences and relationships in religious contexts. Patriarchal domination, excessive constraints, rigid belief systems, and harmful abuse and abandonment are part of the legacy of their religious community. Even then, the couple finds it so hard to leave their religious community.
 - a) Determine (a paragraph) the value of exploring the past life of the couple above. (2 Marks)

b) Articulate **THREE** ways for assessment the case at hand. (6
Marks)

c) Determine the theoretical approach you would use and in **THREE** ways support your choice of the theory. (6Marks)

d) Demonstrate in **TWO** ways; the way forward of the Bidas' spirituality. (5Marks)

2. a) Discuss **TWO** reasons to why the therapists neglected the issues of spirituality and religion in family therapy in the centuries past. (5
Marks)

b) Explain **TWO** aspects of your support for integration of spirituality and psychology in family therapy. (5
Marks)

3. a) Articulate **TWO** assumptions of spiritual approach to therapy when dealing with a family or an individual. (5Marks)

b) Deliberate in **TWO** ways the importance of exploring clients' ethnicity when dealing with spiritual and religious issues. (5Marks)

4. Discuss and illustrate in **TWO** ways each:

a) "Forgiveness is not a feeling but a decision." (5Marks)

b) "Forgiveness is the restoration of freedom to oneself. " (5Marks)

5. a). Enumerate in **TWO** ways the importance of considering ethical issues in spirituality and theological integration. (5 Mar
ks)

b). Discuss **TWO** clients' spiritual resources that you could use in working with a client. (5Mar
ks)



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

**END OF SEMESTER EXAMINATION BA DEGREE IN COUNSEL
LING PSYCHOLOGY**

MAY - AUGUST 2020 SEMESTER

CAMPUS: ONLINE

DEPARTMENT: PSYCHOLOGY

COURSE CODE: MFT 600

COURSE TITLE: MULTICULTURAL FAMILY THERAPY

EXAM DATE: AUGUST 21, 2020

DURATION: 2 HOURS

TIME: 11:15 AM – 1:15 PM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your **STUDENT NUMBER** in the Answer Booklet given
- **Answer question 1 and any other TWO questions**
- *Write clearly and legibly.*
- *ALL PAC University's examination rules and regulations apply*

SECTION A: ANSWER ALL QUESTIONS

Question 1 (20 marks)

- a) Discuss any one type of micro aggression (4 marks)
- b) Explain what is meant by ethnic minority (4 marks)
- c) Describe any one tripartite development (4 marks)
- d) Critic the view that world views are neither correct or wrong, nor good or bad (4 marks)
- e) Distinguish between modern day racism and that of the past (4 marks)

SECTION B: ANSWER TWO QUESTIONS ONLY (10 marks)

Question 2

- a) Argue in favor of the view that nonverbal behavior though often neglected is an integral part of communication (1 mark).
- b) Explain four psychopathologies synonymous with LGBT youth (4 marks).

Question 3

- a) Briefly explain how class differences between a therapist and a client can lead to barriers in therapy (1 mark).
- b) Describe the nature of people dimensions from the American and African perspectives (4 marks).

Question 4

- a) Outline how language provides a common bond among members of an ethnic group (1 mark)
- b) Argue for and against psychological theories in the context of differences in cultural backgrounds (6 marks).

