



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

END OF SEMESTER EXAMINATION FOR THE DEGREE OF

MASTER OF ARTS IN MARRIAGE AND FAMILY THERAPY

JANUARY – APRIL 2018 SEMESTER

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: MFT506

COURSE TITLE: SPIRITUAL FORMATION

EXAM DATE: FRIDAY 13TH APRIL 2018

TIME: 2:00PM-5:00PM

INSTRUCTIONS

- This examination script consists of **Five (5)** questions.
- Read all questions carefully before attempting.
- Write your **student number** on the answer booklet provided.
- Answer **Question ONE** and any other **TWO** questions
- Question **one** carries **20** marks
- Question 2-5 carry **15** marks each

QUESTION ONE: COMPULSORY

- a) “The process of spiritual shaping is a primal reality of human existence.” Discuss this statement in relation to spiritual formation. (7 marks)
- b) “Our spirituality begins with God.” What is your view of this statement in relation to Christian Spirituality? (5 marks)
- c) Distinguish spirituality from religiosity. (4 marks)
- d) Highlight two ways in which spiritual disciplines are important to a marriage and family therapist. (4 marks)

QUESTION TWO

- a) Analyze four effects of becoming friends of the “Lazarus of this world” according to Jean Vanier in his book *Becoming Human*. (8 marks)
- b) Discuss any two types of fear according to Jean Vanier. (4 marks)
- c) Explain how you would deal with such fear in therapy. (3 marks)

QUESTION THREE

- a) Using examples, distinguish inward from outward spiritual discipline. (4 marks)
- b) Identify any three forms of meditation and show their importance in the life of a Christian therapist. (8 marks)
- c) Explain the purpose of fasting in the life of a Christian. (3 marks)

QUESTION FOUR

- a) Citing examples from various acts of submission, explain three challenges a Christian therapist is likely to encounter while submitting to family, neighbours and the “Lazarus of the world”. (9 marks)
- b) Discuss three ethical issues that need to be considered as a therapist uses spiritual resources in counselling. (6 marks)

QUESTION FIVE

- a) Discuss three ways in which signature themes interfere with therapeutic effectiveness. (9 marks)
- b) Explain three ways in which spiritual signature themes have created awareness and enhanced therapeutic effectiveness in your work as a therapist. (6 marks)