



MFT500 MARRIAGE AND FAMILY THEORIES 1

EXAM DATE: APRIL 2025

DURATION: 3 HOURS

TIME: 1800-2100

INSTRUCTIONS

LECTURER: DR. AMOS KEYA ALUMADA

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**

PART I – Question one is compulsory (20 Marks)

Question 1

- a) Analyze **TWO** differences between Family Therapy and Individual Therapy.(4 Marks)

Read the Scripture below and attempt the following questions

27 The boys grew up, and Esau became a skillful hunter, a man of the open country, while Jacob was content to stay at home among the tents. 28 Isaac, who had a taste for wild game, loved Esau, but Rebekah loved Jacob (Gen. 25:27-29).

34 When Esau was forty years old, he married Judith daughter of Beeri the Hittite, and also Basemath daughter of Elon the Hittite. 35 They were a source of grief to Isaac and Rebekah (Gen 26: 34-35).

When Isaac was old and his eyes were so weak that he could no longer see, he called for Esau his older son and said to him, “My son.” “Here I am,” he answered. 2 Isaac said, “I am now an old man and don’t know the day of my death. 3 Now then, get your equipment—your quiver and bow—and go out to the open country to hunt some wild game for me. 4 Prepare me the kind of tasty food I like and bring it to me to eat, so that I may give you my blessing before I die.”

5 Now Rebekah was listening as Isaac spoke to his son Esau. When Esau left for the open country to hunt game and bring it back, 6 Rebekah said to her son Jacob, “Look, I overheard your father say to your brother Esau, 7 ‘Bring me some game and prepare me some tasty food to eat, so that I may give you my blessing in the presence of the Lord before I die.’ 8 Now, my son, listen carefully and do what I tell you: 9 Go out to the flock and bring me two choice young goats, so I can prepare some tasty food for your father, just the way he likes it. 10 Then take it to your father to eat, so that he may give you his blessing before he dies.”

11 Jacob said to Rebekah his mother, “But my brother Esau is a hairy man while I have smooth skin. 12 What if my father touches me? I would appear to be tricking him and would bring down a curse on myself rather than a blessing.” 13 His mother said to him, “My son, let the curse fall on me. Just do what I say; go and get them for me.” 14 So he went and got them and brought them to his mother, and she prepared some tasty food, just the way his father liked it. 15 Then Rebekah took the best clothes of Esau her older son, which she had in the house, and put them on her younger son Jacob. 16 She also covered his hands and the smooth part of his neck with the goatskins. 17 Then she handed to her son Jacob the tasty food and the bread she had made.

18 He went to his father and said, “My father.” “Yes, my son,” he answered. “Who is it?” 19 Jacob said to his father, “I am Esau your firstborn. I have done as you told me. Please sit up and eat some of my game, so that you may give me your blessing.” 20 Isaac asked his son, “How did you find it so quickly, my son?” “The Lord your God gave me success,” he replied. 21 Then Isaac said to Jacob, “Come near so I can touch you, my son, to know whether you really are my son Esau or not.”

22 Jacob went close to his father Isaac, who touched him and said, “The voice is the voice of Jacob, but the hands are the hands of Esau.” 23 He did not recognize him, for his hands were hairy like those of his brother Esau; so he proceeded to bless him. 24 “Are you really my son Esau?” he asked. “I am,” he replied. 25 Then he said, “My son, bring me some of your game to eat, so that I may give you my blessing.” Jacob brought it to him and he ate; and he

brought some wine and he drank. 26 Then his father Isaac said to him, “Come here, my son, and kiss me.” 27 So he went to him and kissed him. When Isaac caught the smell of his clothes, he blessed him and said, “Ah, the smell of my son is like the smell of a field that the Lord has blessed.

28 May God give you heaven’s dew and earth’s richness—an abundance of grain and new wine. 29 May nations serve you and peoples bow down to you. Be lord over your brothers, and may the sons of your mother bow down to you. May those who curse you be cursed and those who bless you be blessed.” 30 After Isaac finished blessing him, and Jacob had scarcely left his father’s presence, his brother Esau came in from hunting. 31 He too prepared some tasty food and brought it to his father. Then he said to him, “My father, please sit up and eat some of my game, so that you may give me your blessing.” 32 His father Isaac asked him, “Who are you?”

“I am your son,” he answered, “your firstborn, Esau.” 33 Isaac trembled violently and said, “Who was it, then, that hunted game and brought it to me? I ate it just before you came and I blessed him—and indeed he will be blessed!” 34 When Esau heard his father’s words, he burst out with a loud and bitter cry and said to his father, “Bless me—me too, my father!” 35 But he said, “Your brother came deceitfully and took your blessing.” 36 Esau said, “Isn’t he rightly named Jacob[a]? This is the second time he has taken advantage of me: He took my birthright, and now he’s taken my blessing!” Then he asked, “Haven’t you reserved any blessing for me?”

37 Isaac answered Esau, “I have made him lord over you and have made all his relatives his servants, and I have sustained him with grain and new wine. So what can I possibly do for you, my son?” 38 Esau said to his father, “Do you have only one blessing, my father? Bless me too, my father!” Then Esau wept aloud. 39 His father Isaac answered him, “Your dwelling will be away from the earth’s richness, away from the dew of heaven above. 40 You will live by the sword and you will serve your brother. But when you grow restless, you will throw his yoke from off your neck. 41 Esau held a grudge against Jacob because of the blessing his father had given him. He said to himself, “The days of mourning for my father are near; then I will kill my brother Jacob.”

42 When Rebekah was told what her older son Esau had said, she sent for her younger son Jacob and said to him, “Your brother Esau is planning to avenge himself by killing you. 43 Now then, my son, do what I say: Flee at once to my brother Laban in Harran. 44 Stay with him for a while until your brother’s fury subsides. 45 When your brother is no longer angry with you and forgets what you did to him, I’ll send word for you to come back from there. Why should I lose both of you in one day?” 46 Then Rebekah said to Isaac, “I’m disgusted with living because of these Hittite women. If Jacob takes a wife from among the women of this land, from Hittite women like these, my life will not be worth living.”

b) Using Transgenerational /Bowen Family Systems Theory, assess **FOUR** underlying issues this family is likely to present in therapy. (8 Marks).

c) Explore Four Interventions from Structural Family Therapy you will use to work with this family (8 Marks)

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

Question 2

Read the following case study and answer the following questions:

Oprah is a 26 year-old first born in a family of four siblings. She is the family's identified patient (IP). She has a history of alcohol and recently completed a 28-day inpatient, detoxification program, which was precipitated by her desire to be clean and sober during her pregnancy. She is approximately six months pregnant. Her father left when Oprah was 16 years old. Her mother tells the therapist that, Oprah is currently clean and sober.

Oprah lives with her single mother off and on, though her relationship with her mother is strained. Oprah was fired recently as a sales lady due to absenteeism. Her relationship with her unborn baby's father recently came to an end, as well.

Oprah has a son, Kim who is seven-years-old. Oprah's mother, Hekima, stated that she is Kim's primary caretaker. Kim sees his father rarely, mainly during the holidays. Oprah reported a history of alcohol and substance abuse in her family (father, grandfather, one aunt, and two uncles), but nothing else is known about the other members of her family.

After completing her 28-day detoxification program, Oprah presents with a desire to engage in family therapy. Hekima and her daughter have also agreed to participate in family therapy.

- a) Assess **three issues** using Object Relations/Attachment Theory that they are likely to present in family therapy. (6 Marks)
- b) Explore **two interventions** from Attachment Theory that you will use to help the family to function in a healthy manner. (4 Marks)

Question 3

Use the following case study to answer the following questions:

The Juma family consists of a father, mother, and three teenage children. The parents Musa and Maria, have been experiencing marital problems for the last ten years, leading to perpetual arguments and tension in the house. The children, Amina, Hamod, and Aisha, have been caught in the middle of their parent's conflicts and have been acting out at school and at home.

When the Juma family sought assistance from a family therapist, she conducted individual sessions with each family member followed with a series of family sessions.

- a) Based on your understanding of systems family therapy, critique **two reasons** why the therapist conducted individual assessment at the beginning. (4 Marks)
- b) Discuss **three goals** you would help the family to set based on the Satir Family Growth Model. (6 Marks)

Question 4

Use the following case study to answer the following questions:

The Odima's family comprise of a single mother, Lopa, 45 years old and her two teenage daughters Joya 18 years and Valencia 15 years. Their father Odima, died five years ago. Lopa has been struggling with depression and anxiety which has affected her ability to parent effectively and maintain a stable home environment for her children. Lopa is dating a young man who is 35 years old. Her daughters have been manifesting behavioural issues at school leading to Joya's suspension from school two weeks ago.

The Odiam family has come to you to seek family therapy.

- a) Conceptualize **three underlying** issues that Joya is struggling with as a teenager (6 Marks)
- b) Identify **four interventions** you will use to assist Lopa to work through her mental health issues from Systems family therapy to parent her daughters effectively. (4 Marks)

Question 5

Use the following case study to answer the following questions:

Alom, is nearly 12 years old, is the identified patient (IP). He started complaining about school nearly a year ago, stating that he had no friends and hated his teachers. Over time, he has developed distressing physical symptoms such as vomiting and abdominal pain. Doctors have found no medical cause for these symptoms; notably, they tend to appear right before when he is about to go to school.

His mother, Sarah, (45) is a former elementary school teacher. She is a stay-at-home mom now. Sarah is very conscious of her children's education, likely due to her background in teaching. The Dad, David is 47 years old. He works for a famous tech company. The father travels often for work, sometimes for months away from home. David takes his role as the primary breadwinner seriously.

Alom's older brother, Machar is 19 years old). He is at college, where he stays all by himself and typically away from home.

- a) Assess two issues Alom is struggling with. (4 Marks)
- b) Describe **three interventions** you can use to assist the family from attachment theory. (6 Marks).