



**COURSE TITLE: MPC 602: GOTTMAN COUPLES THERAPY LEVEL 1  
(2 Credit Hours)**

**EXAM DATE: December 16, 2021**

**DURATION: 3 HOURS**

**TIME: 1600hrs**

**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**
- *Write clearly and legibly.*

## SECTION A: Answer ALL Questions (20 Marks)

### QUESTION 1:

- a) Describe the relevance of friendship to sentiment override. (2 Marks)
- b) Demonstrate the need and rationale for dialogue in addressing perpetual problems in couple therapy. (2 Marks)
- c) Using the Sound Relationship House metaphor:
  - i. Describe the fundamental levels that determine marital stability. (6 Marks)
  - ii. Suggest two questions that you can use for a couple seeking premarital counselling for each of the three levels identified in C (i). (3 Marks).
- d) Read the following case study and answer the questions below.

Bora and Tulivu are parents of a 13-month-old Mara. The couple is experiencing exhaustion following a series of stressful events over the past two years. Tulivu's sister died from a Covid-19 related illness just six weeks before Mara was born. Then Bora, 35, was diagnosed with a heart defect that required open-heart surgery. Now Tulivu, 29, is struggling with a new demanding job that provides mental health services. Currently, Bora has the pressure of making a profit with his newly opened garage – a business he financed with investment from Tulivu's parents.

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 Bora and Tulivu to talk about the way they met three years earlier, they become suddenly energized and animated.

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

She narrates how she and her close friend started competing to determine who will win Bora as a boyfriend. "We were both so interested in this cute guy with nice, long legs," Tulivu remembers. "Then he turns and starts walking straight towards us. I took it as a sign from God!"

- i. Identify and justify two issues that the couple is dealing with at the moment. (2 Mark)
- ii. Suggest two ways that the couple can keep their fondness and admiration alive. (2 Marks)
- iii. Explore any biblical principle that you could use in relation to the Sound Relationship House metaphor. (3 Marks)

## SECTION B: Answer ANY Three Questions (20 Marks)

**QUESTION 2:**

- a) Explain the difference between effective problem solving and dialogue with perpetual problems. (2 Marks)
- b) Critique two ways that quid pro quo is a myth in marital relationships. (4 Marks)
- c) Explore how emotional intelligence is critical to men during a conflict situation. (4 Marks).

**QUESTION 3:**

- a) Assess how you can help a couple to create a shared meaning. (2 Marks)
- b) How can you integrate the **first four levels of** the Sound Relationship House metaphor and the Satir Growth Model Iceberg metaphor? (8 Marks)

**QUESTION 4:**

- a) Provide two examples how meta-emotions and preferred influence styles contribute to perpetual problems in marriage. (4 Marks)
- b) Discuss two reasons why many couple therapies fail according to the Gottman Method Couple Therapy. (4 Marks)
- c) How do couples' perpetual issues develop from a biblical perspective? (2 Marks)

**QUESTION 5:**

- a) Explain the circumstances and rationale for processing arguments. (4 Marks)
- b) Evaluate four ways of helping a couple to deal with the hazards of avoiding conflict. (4 Marks)
- c) Justify why ignoring the dreams within a conflict stalls communication. (2 Marks)

*Have a Very Merry Christmas and a Healthy 2022!*