



**COURSE TITLE: MFT 602 SPIRITUAL AND THEOLOGICAL RESOURCES IN
COUNSELLING (3 Credit Hours)**

**EXAM DATE: DECEMBER 16, 2021
DURATION: 3 HOURS
TIME: 1100-1400
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:

The Fall Genesis 3: 1-13

Now the serpent was more crafty than any of the wild animals the LORD God had made. He said to the woman, “Did God really say, ‘You must not eat from any tree in the garden?’”² The woman said to the serpent, “We may eat fruit from the trees in the garden,³ but God did say, ‘You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.’”⁴ “You will not certainly die,” the serpent said to the woman.⁵ “For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil.”

⁶When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it.⁷ Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.

⁸Then the man and his wife heard the sound of the LORD God as he was walking in the garden in the cool of the day, and they hid from the LORD God among the trees of the garden.⁹ But the LORD God called to the man, “Where are you?”

¹⁰He answered, “I heard you in the garden, and I was afraid because I was naked; so I hid.”¹¹ And he said, “Who told you that you were naked? Have you eaten from the tree that I commanded you not to eat from?”¹² The man said, “The woman you put here with me—she gave me some fruit from the tree, and I ate it.”¹³ Then the LORD God said to the woman, “What is this you have done?” The woman said, “The serpent deceived me, and I ate.”

- a) Using the Scripture above, how would you help Adam and Eve as a couple to:
- i) Reconcile with each other? (4 Marks)
 - ii) How would you use the concept of forgiveness/ self-forgiveness to work with each one of them? (4 Marks)
- b) Using The Sunflower by Simon Wiesenthal, demonstrate four ways how the Jewish traditions conceptualize forgiveness. (4 Marks)
- c) **The Parable of The Prodigal Son (Luke 15:11-32)**

¹¹Jesus continued: “There was a man who had two sons.¹² The younger one said to his father, ‘Father, give me my share of the estate.’ So he divided his property between them.¹³ “Not long after that, the younger son got together all he had, set off for a distant country and there squandered his wealth in wild living.¹⁴ After he had spent everything, there was a severe famine in that whole country, and he began to be in need.¹⁵ So he went and hired himself out to a citizen of that country, who sent him to his fields to feed pigs.¹⁶ He longed to fill his stomach with the pods that the pigs were eating, but no one gave him anything.¹⁷ “When he came to his senses, he said, ‘How

many of my father's hired servants have food to spare, and here I am starving to death! ¹⁸ I will set out and go back to my father and say to him: Father, I have sinned against heaven and against you. ¹⁹ I am no longer worthy to be called your son; make me like one of your hired servants.' ²⁰ So he got up and went to his father. "But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him. ²¹ "The son said to him, 'Father, I have sinned against heaven and against you. I am no longer worthy to be called your son.' ²² "But the father said to his servants, 'Quick! Bring the best robe and put it on him. Put a ring on his finger and sandals on his feet. ²³ Bring the fattened calf and kill it. Let's have a feast and celebrate. ²⁴ For this son of mine was dead and is alive again; he was lost and is found.' So they began to celebrate. ²⁵ "Meanwhile, the older son was in the field. When he came near the house, he heard music and dancing. ²⁶ So he called one of the servants and asked him what was going on. ²⁷ 'Your brother has come,' he replied, 'and your father has killed the fattened calf because he has him back safe and sound.' ²⁸ "The older brother became angry and refused to go in. So his father went out and pleaded with him. ²⁹ But he answered his father, 'Look! All these years I've been slaving for you and never disobeyed your orders. Yet you never gave me even a young goat so I could celebrate with my friends. ³⁰ But when this son of yours who has squandered your property with prostitutes comes home, you kill the fattened calf for him!' ³¹ "My son,' the father said, 'you are always with me, and everything I have is yours. ³² But we had to celebrate and be glad, because this brother of yours was dead and is alive again; he was lost and is found.'"

Describe how you would help: i) the father, ii) the first-born son, and iii) the second born son to consider restoring their relationship using forgiveness. (6 Marks)

iv) Who would you consider to be the prodigal person in this family and state why? (2 Marks)

SECTION B: Answer ANY Three Questions (20 Marks)

QUESTION 2:

- a) Demonstrate three interventions you might suggest to a therapist who uses a modern approach with a client who believes in a postmodern worldview. (6 Marks)
- b) Discuss why self-forgiveness is called the "step-child of forgiveness." (4 Marks)

QUESTION 3:

- a) Critique two ways self-forgiveness might be an efficacious intervention for infidelity partners. (4 Marks)
- b) Analyze two aspects that you might consider when working with a client who shares the same faith with you. (6 Marks).

QUESTION 4:

- a) Explain why cultural humility is key to the integration of spirituality/religion and counselling. (4 Marks)
- b) Analyze the importance of the ethics of self-care to a family therapist. (6 Marks)

QUESTION 5:

- a) Compare and contrast (in **two ways**) between religion and spirituality. (4 Marks)
- b) Critique three ways why the inclusion of spirituality is important in the application of the Bio-psycho-social Model in therapy. (6 Marks)

HAVE A VERY MERRY CHRISTMAS AND RENEWED 2022.