



PAN AFRICA CHRISTIAN UNIVERSITY

**END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COUNSELING**

JANUARY-APRIL 2017

CAMPUS: ROYSAMBU

DEPARTMENT: COUNSELING

COURSE CODE: COU3213

COURSE TITLE: Introduction to Marriage and Family Therapy

EXAM DATE: TUESDAY 11th APRIL 2017

TIME: 9.00AM-12.00PM

INSTRUCTIONS

- Read all questions carefully before attempting.
- Write your **student number** on the answer booklet provided.
- **Answer Question 1 and any other TWO in section B.**

Section A: (30 Mks)

1. a) Define the following terms: (4mks)
 - i. Miracle Question
 - ii. Emotional cut-off
- b) Distinguish between the following: (6mks)
 - i. Linear and circular causality
 - ii. Alliance and coalition
- c) Discuss the following (6mks)
 - i. Differentiation of self
 - ii. Boundaries in structural family therapy
- d) The qualities of the therapist play a very important role in therapy.
 - i. Discuss the relationship between the therapist and the concept of therapeutic alliance. (4mks)
 - ii. Critique self disclosure in family therapy. (4mks)
 - iii. Illustrate three goals of therapy in structural Family Therapy. (6mks)

SECTION B Answer Question TWO and any other. (30mks)

2. Study the case below and answer the questions that follow.

Talita 16 years old shared some family struggles she was having. She shared that she grew up with a lot of verbal and emotional chaos in her home, with her father and mother constantly bickering. Her parents divorced when she was 12years old, and ever since that time she has genuinely struggled with each of them vying for her allegiance by trying to draw her in as a confidant against the other. When her father remarried four years ago, Talita felt especially conflicted, wanting to be happy for her father but feeling protective of her mother, who used the occasion to try to draw Talita in to her and against her father and his new wife. On her part, Talita had major exchanges with the step mother every time she was obligated to live with her father and his new wife. In an attempt to support why she thought the father was up to no good, the mother shared with her very deep and intimate issues between her and her divorced husband. She implied that the father did not have any goals for the broken family and that she had to make many decisions to save the family from collapsing. The renewed conflict between her father and mother led her father to appeal to Talita to see that her mother and her side of the family were really against him and quite unfair and mean-spirited. He often strongly insisted that Talita break off contact with her mother and that side of the family until they began to treat him better.

Questions

- (a) Outline THREE therapy issues that Talita has stated in the excerpt above. (3mks)
- (b) Briefly explain FOUR key concepts depicted in the case study above from the ***Structural Family Therapy OR Bowenian Family Therapy*** perspective. (8mks)
- (c) Briefly explain why the stepmother-stepdaughter relationship is the most difficult to establish in a step family. (4mks)
- 3. The family is a system of members who are usually deeply emotionally involved with each other.
 - (a) Outline FOUR characteristics of family systems (4mks)
 - (b) Discuss ONE methods of addressing silence in therapy. (3mks)
 - (c) What are TWO characteristics that the therapist looks for in assessing for enmeshed boundaries in families in therapy? (2mks)
 - (d) Briefly discuss the THREE important component of joining as a therapeutic technique. (6mks)
- 4. Illustrate the role of the following family factors in contributing, maintaining and perpetuating marriage and family problems:
 - a) Power (5mks)
 - b) Gender roles (5mks)
 - c) Family life cycle challenges. (5mks)
- 5. A genogram provide a way of mapping family patterns and relationships across at least three generations, and are widely used by family therapists as a tool to map family relationships. Examine Jessica and Josh's genogram and answer the questions that follow. (15mks)

Questions

- a) State the number and the gender of Barry and Fran's children. (2mks)
- a) Briefly discuss the noticeable family relationship patterns in Josh and Jessica's genogram (2mks)
- b) Discuss FOUR hypotheses that you might want to explore concerning Barry's "severe depression."
- c) Discus TWO key areas that you as a counselor would be careful to address if Josh and Jessica sought for premarital counseling from you. (4mks)
- d) Insert into the diagram the following emotional relationships into Jessica's genogram. (3mks)
 - i. Conflicted relationship between April and Fran
 - ii. Enmeshed relationship between Barry and Rob
 - iii. Distant and conflicted relationship between Dan and Barry.

Jessica and Josh's genogram

