



PAN AFRICA CHRISTIAN UNIVERSITY
MASTER OF ARTS IN MARRIAGE AND FAMILY THERAPY
END OF TERM (SEPTEMBER - NOVEMBER 2015)
EXAMINATION

CAMPUS: ROYSAMBU

DEPARTMENT: COUNSELING

COURSE CODE: MPC600

COURSE TITLE: SEXUALITY AND PREMARITAL THERAPY

EXAM DATE: Thursday 26th November 2015

TIME: 2.00Pm – 5.00Pm

INSTRUCTIONS

- Read all questions carefully before attempting.
- Answer question ONE and any other FOUR:
- Write your **student number** on the answer booklet provided.

Question One.

- a. Select one sexual disorder and discuss the possible causes, and people's belief about it (5 Marks)
- b. How would you go about assessing the disorder to ensure that you come up with a clear understanding of it? (5 Marks)
- c. Choose one model/approach of couple therapy and show how it would apply to this disorder. Come up with a brief treatment plan (10 Marks).

Question Two

Cultural traditions have a major impact on our behaviors and belief systems.

- a. Name two beliefs/attitudes about sex and sexuality from your cultural background and explain how these beliefs/attitudes have affected people's attitude towards sexual behavior (8 Marks)
- b. Describe how gender role socialization and sexual orientation is imparted in your community. Give examples. (7 Marks)

Question Three

For a couple to be fulfilled, the sexual act should take place in a progressive pattern

- a. Choose one model of the sexual response cycle and describe the various stages involved by stating how a couple can prepare each other for each stage (8 Marks).
- b. Briefly describe characteristics of orgasm for both the man and the woman. How can orgasm be maximized for each partner? (7 Marks)

Question Four

Media is a very powerful tool of communication and influence

- a. With examples, discuss two ways in which the media has influenced the way we look at sexuality and sexual behavior (6 marks)
- b. In your view, how can a professional society like KPCA counteract some of the negative influence of media on youth's sexual behavior. (9 Marks)

Question Five

The current global trend on the institution of the family is becoming very challenging for couples to stay together 'for life' and many are opting out.

- a. As a therapist (trainee), discuss, and justify **four** critical areas of premarital counseling/preparation that would buffer a couple from the impact of these challenges (8 Marks)
- b. Discuss ways that post-marital therapy would benefit a couple that is going through challenges (7 Marks)

Question Six

The subject of sexuality from a religious/Spiritual point of view can be very sensitive.

- Discuss the concept of 'Stewarding our Sexuality' and show how our bodies, minds and emotions are involved in this stewardship. (6 Marks)
- From the religious perspective, describe two key inhibitions or restrictions on freely expressing oneself about sex and/or sexuality. (6 Marks)
- As an individual, how do you ever experience such inhibitions? Explain. (3 Marks)

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