



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

**END OF SEMESTER EXAMINATION FOR THE DEGREE OF
DOCTOR OF PHILOSOPHY IN MARRIAGE & FAMILY THERAPY**

MAY-AUGUST 2019

CAMPUS: ROYSAMBU

DEPARTMENT: COUNSELLING PSYCHOLOGY

COURSE CODE: PMFT S822

COURSE TITLE: ART AND PLAY THERAPY

EXAM DATE: THURSDAY 15th AUGUST 2019

DURATION: 3 HOURS

TIME: 5:30PM-8:30PM

INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your **STUDENT NUMBER** in the Answer Booklet given
- *Write clearly and legibly.*
- Answer **ALL** the questions in **Section A (Compulsory)** and **any THREE** questions from **Section B**
- *ALL PAC University's examination rules and regulations apply*

SECTION A: COMPULSORY (40 MARKS)

1. a) Art and play therapy is becoming more popular in the mental health field in Kenya. Discuss five (5) benefits of art and play therapy that have contributed to its popularity. (10 Marks)

b) Justify the role of photography in therapy. (10 Marks)

c) You have been contracted as a child therapist in a children hospital. Discuss how you can develop and implement any art and play therapy for children who are going through cancer treatment. (10 Marks)

d) Your Pastor has requested you to help a Sunday school child whose parents just finalized a divorce. Illustrate how you can develop and implement a play or art therapy program to support this child. (10 Marks)

SECTION B: ANSWER ANY THREE (60 MARKS)

2.a) Citing relevant examples, discuss five (5) art and play therapy skills. (10 Marks)

b) Illustrate how you can use the “Relationship Wheel” in marriage and family therapy. (10 Marks)

c) Citing a relevant example, explain how you would use the “Mountain and the Valley” in your work with a client. (10 Marks)

3. a) Using an example, discuss how you would guide a client in making a collage that would help him/her to express feelings and emotions . (10 Marks)

b) Citing relevant examples, explain how bibliotherapy can be used to help a client who just lost a significant member of the family. (10 Marks)

4. a) Discuss five (5) benefits of play therapy in child therapy. (10 Marks)

b) Illustrate how you would conduct the “balloon of anger” play with a child who has been projecting anger outbursts. (10 Marks)

5. a) Critically analyze Jungian play therapy and its role in helping clients who are still struggling with painful childhood issues . (10 Marks)

b) Using relevant examples, explain the role of cognitive behavior play therapy in supporting problematic behavior arising from maladaptive thinking. (10 Marks)

