



PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY
JANUARY-APRIL 2019 SEMESTER

CAMPUS: VALLEY ROAD

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU3213

COURSE TITLE: MARRIAGE AND FAMILY THERAPY THEORIES

EXAM DATE: TUESDAY 9th APRIL 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** Questions in Section A and any other **TWO** questions from Section B
- *ALL PAC University's examination rules and regulations apply*

SECTION A: ANSWER ALL QUESTIONS (30 marks)

Question 1

- a) Define the following terms:
 - (i) Boundaries (2 marks)
 - (ii) Disengagement (2 marks)
 - (iii) Enmeshment (2 marks)
- b) Compare and contrast between individual and family theories (4 marks)
- c) Discuss with one example Salvador Minuchin's belief that rigidity leads to rigidity (4 marks)
- d) Describe the root cause of family pathology according to Experiential Family Theory (4 marks)
- e) Discuss any two of Circumplex Model extreme family types (6 marks)
- f) Explain two ways LGBT populations pose a challenge to a Christian therapist (6 marks)
- g) ***John is a teenage child at an upmarket community of Nairobi County. He initially performed well at school but of late a serious academic decline has been reported.***
John has been referred to you for therapy:
 - (i) Outline two ethical issues (4 marks)
 - (ii) Using family systems approach, outline the three areas you would focus on in an endeavor to help John (6 marks)

SECTION B: ANSWER ANY TWO QUESTIONS (60 marks)

Question 2

- a) Distinguish between content and process in counselling (4 marks)
- b) Illustrate using Minuchin's conceptualization of the family how stress levels in parents can be measured in the blood streams of their children (6 marks)
- c) Explain two reasons parents are unable to set boundaries different from their families of origin (4 marks)
- d) Using Christian perspective, critique Whitaker and Keith's view that there is no such a thing as marriage but two scapegoats coming together to perpetuate their families (6 marks)
- e) Discuss in two ways Satir's (1972) view that the family is a place of sharing experiences (4 marks)
- f) Describe the three views on flexibility as outlined by Circumplex Model of Family Systems in relation to parenting a 5 year old and a fifteen year old (6 marks)

Question 3

- a) Identify the four ways outlined by Satir (1972) to be the reasons people communicate (4 marks)

- b) Discuss three ways theories are equated to detailed road maps in therapeutic interventions (6 marks)
- c) Outline two of Minuchin's basic beliefs (4 marks)
- d) Discuss two ways the birth of a new child transforms the spousal into parental subsystem (4 marks)
- e) Describe three remnants of rules and interactional patterns new families are likely to bring into the marriage union (6 marks)
- f) The Circumplex Model identifies four extreme family types. Discuss any two (6 marks)

Question 4

- a) Identify the two dimensions Beavers' Model of Family functioning uses (4 marks)
- b) Outline the four ways Satir (1972) stressed the role of destructive communication in smothering feelings (4 marks)
- c) Describe any three ways communication is assessed using McMaster's approach to families theory (6 marks)
- d) Explain in three points the significance of a therapist developing the ability to speak the language of different developmental stages (6 marks)
- e) Outline two ways background information is critical to counselling process (4 marks)
- f) Discuss Minuchin's three established guidelines on how families should be treated (6 marks)

Section A: Compulsory

Question 1

- a) Define the following terms:
 - Nuclear family (2 marks)
 - Individuation (2 marks)
 - Disengagement (2 marks)
- b) Distinguish between family systems theory and individual theories (4 marks)
- c) Identify the four ways Satir said people communicate (4 marks)
- d) Critic Whitaker and Keith's (1981) view that there is no such a thing as marriage but only two scapegoats coming together to perpetuate their families (6 marks)
- e) Explain in two points the existential view of family theory on the source of family pathology (4 marks)
- f) Circumplex Model of family systems places emphasis on three dimensions. Describe any two (6 marks)
- g) ***Family systems approach assumes that an individual family member's behavior affects the whole. In view of this, assume the family of the prodigal son in Luke 15 is your client and hypothesize the pathology brought to the family by behavior of:***
 - The young son (5 marks)
 - The older son (5 marks)

Section B: Answer ANY three questions (60 marks)

Question 2

- a) Discuss two treatment goals of the Beavers Systems model (4 marks)
- b) Distinguish between assessment and conceptualization of clients (4 marks)
- c) Discuss three ways Satir (1972) views a family as a place of sharing experiences (6 marks)
- d) Briefly discuss three dimensions of Circumplex model of marital and family dynamics (6 marks)
- e) Distinguish between process and content (4 marks)
- f) Describe any three ways communication is assessed using McMaster approach to families theory (6 marks)

Question 3

- a) Outline the four goals of family therapy using Circumplex approach (4 marks)
- b) Describe any three characters found in the Beaver's model of optimal grouping (6 marks)
- c) Outline two ways theories provide pertinent road maps into a client's life (4 marks)
- d) Explain two significances of setting boundaries in a therapeutic alliance (4 marks)
- e) Briefly discuss any three concepts Structural Family Theory is concerned with (6 marks)

- f) Explain three ways McMaster's approach to families theory controls behavior (6 marks)

Question 4

- a) Explain in two points the view that centripetal families turn inward in times of stress (4 marks)
- b) Outline two reasons people are unable to set boundaries (4 marks)
- c) Discuss three ways Bowlby (1988) states that attachment occurs in all developmental stages including adulthood (6 marks)
- d) Identify and discuss any three of Circumplex model family types (6 marks)
- e) Differentiate between client presenting problem and actual diagnosis (4 marks)
- f) Describe in three points the significance of well-defined roles to optimal family functioning (6 marks)