



PAN AFRICA CHRISTIAN UNIVERSITY

MASTER OF ARTS IN MARRIAGE AND FAMILY THERAPY

END OF TERM EXAMINATION (MAY-JULY 2016)

CAMPUS: ROYSAMBU-EVENING

DEPARTMENT: COUNSELLING

COURSE CODE: MFT600

COURSE TITLE: MULTICULTURAL ISSUES IN MFT

EXAM DATE: MONDAY 1st, AUGUST 2016

TIME: 6.00PM-9.00PM

INSTRUCTIONS

- Read all questions carefully before attempting.
- Write your **student number** on the answer booklet provided.
- **Answer ALL the questions in Section A and any TWO questions from section B.**

SECTION A: (20 Marks)

Question 1

Tiffany is a 25-year-old Haitian American bisexual female who self-identifies as Black, born and raised in a large metropolitan city in the northeast. Although very well educated, Tiffany has been feeling hopeless about various aspects of her life, including her career and future. She was assigned to work with Kate, a 28-year-old White therapist. She described “a look of shock or surprise on their faces” when they met her in the waiting room, and on more than one occasion, interviewers even repeated her first and last name to make sure she was the applicant. Tiffany tried to “shake the experience off” and wondered if their reactions were related to her race. Even if there might have been racial overtones, it was such a small matter that she should just shrug it off. Tiffany agreed with the therapist that she might have overreacted, but tried to impress upon Kate that the experience had really stayed with her over the last year. She now felt reluctant to enter the job market, even though she was not happy with her current position.

Tiffany also relayed to Kate that she did not “feel free to be myself” at school. She mentioned several “incidents” that depressed and frustrated her. When asked to explain, she described how students frequently referred to things as gay when they meant stupid or undesirable. She also relayed a story about comments and “looks” she received from several of the teachers when she came to school with her hair short and braided (as opposed to long and straight, which is how she wore it when she was originally hired). She got asked questions such as, “Wow, what caused this change?” A male teacher even remarked to her that she had “looked like a model with her hair straight but now looked more butch.” The therapist was able to empathize with Tiffany, and shared a similar feeling that “as a woman, people always seem to think it is their right” to make comments about physical appearance. Even though Tiffany appreciated Kate’s comments about being a woman, she had a nagging feeling that Kate was uncomfortable discussing race issues. She had noticed Kate’s facial features express surprise when she mentioned in their first session that she was bilingual in French and English, and that she had obtained a master’s degree. The look was similar to what Tiffany had observed in her interviews, and she began to feel uncomfortable with Kate. Tiffany felt discouraged and invalidated from their discussions and failed to return for another session. (Adopted from (Sue et al, 2007)

- a) Explain **four** dominant discourses and how they cause discrimination from the passage above. (4 Marks)
- b) Describe **two** things a multicultural therapist must do to ensure that bias will not interfere with their work. (6 Marks)
- c) Using relevant examples, discuss **five** ways in which a multicultural therapist may increase their awareness of privilege. (5Marks)
- d) Describe **five** key sources of knowledge in a cross cultural psychology. (5Marks)

SECTION B: Choose any TWO questions from section B

Question 2

As a multicultural competent trauma therapist, specific qualities and competencies are required to address issues of trauma.

- a) List down and explain **three** specific qualities of a trauma counselor (6Marks)
- b) Using one paragraph for each, describe the **four** most important things a counselor must offer a survivor of trauma. (4Marks)

Question 3

- a) With the use of examples, illustrate the importance of the **three** cultural competency paradigms that enhance your functioning as a multicultural therapist (3Marks)
- b) Describe **four** factors that influence health seeking behavior of individuals and groups. (4Marks)
- c) Analyze **three** challenges in delivery of mental health care in Kenya today (3Marks)

Question 4

- a) You have been asked to give a talk on gender issues and sexual orientation, discuss **four** emerging gender based issues that you would address in your speech as a multicultural therapist. (4 Marks)
- b) Discuss with examples three types of microaggressions in a multicultural context that you have learnt in this course. (6Marks)

Question 5

- a) Discuss **two** causes of migration and relocation and their effects to an individual and community. (4 Marks)
- b) Describe **three** grief issues that are common among seniors and explain why different individuals react differently to similar issues. (6 Marks)