



PAN AFRICA CHRISTIAN UNIVERSITY
END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COUNSELING
MAY-JULY 2017

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU3213

COURSE TITLE: INTRODUCTION TO MFT

EXAM DATE: WEDNESDAY 26th JULY 2017

TIME: 5.30PM-8.30PM

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

Question 1

- A. Discuss the following characteristics of the family as a social system.(9Mks)
 - i. Wholeness in organization
 - ii. Homeostasis
 - iii. Family rules
- B. Outline the different types of marriages as stipulated in the Kenyan law. (5Mks)
- C. State four conditions that can make a marriage voidable.(4Mks)
- D. Discuss TWO assumptions of Bowenian Family Systems regarding the process of change. (4Mks)
- E. Explain any two ways of establishing the marital dyad dysfunction in therapy.
(4Mks)
- F. Outline TWO functions of family gatherings in the transmission of multigenerational emotional process? (2Mks)
- G. vi. Define the term disengaged boundaries. (2Mks)

Section B: Attempt any Two Question

2. Examine the case study below and answer the questions that follow.

The case of Jeff and Irene

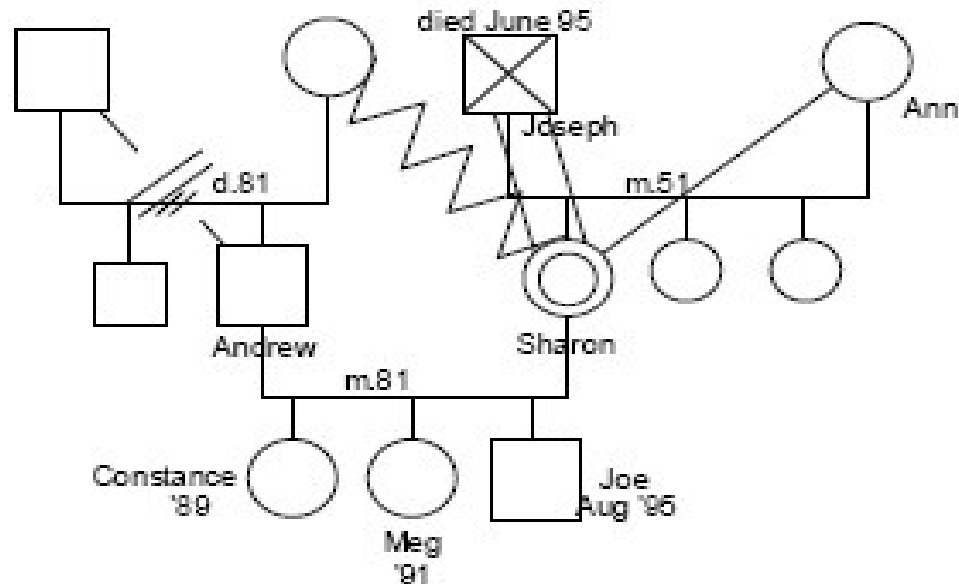
“When I married Jeff” Irene explained to me. “We should have moved at least halfway around the world from his mother Sue. We never quite managed to psychologically set our own home. “Irene went on to describe Sue as the world’s most impossible mother –in – law, an intrusive and demeaning woman who went from bad to worse after “losing” her only son to marriage, notwithstanding the fact that she had her own husband who she constantly tries to control. Jeff seems to live in the shadow of his mother, ignoring every attempt to take his family’s roles and responsibilities. Sue insisted that Jeff and Irene spend every Christmas and Easter at her home. On weekends, she always needed Jeff’s help with gardening and house work chores. We started drifting apart a few months after our first born daughter was born and now we are like two trees, growing but rarely touching each other. I find it hard to communicate to him and I keep all the pain and hurt to myself.”

Questions

- I. Discuss THREE characteristics of a healthy family from the a family system perspective (6 Marks)
- II. Identify any THREE key concepts from the case study according to Structural Family Theory.(6 Mks)
- III. Explain TWO therapeutic issues that Jeff is likely to bring out in couple therapy. (3Mks)

3. A Genogram is widely used by family therapists, both as an assessment and a therapeutic tool to map family relations. Analyze Sharon's genogram and derive a thorough assessment about the families involved by answering the questions that follow.

Sharon's Genogram



Questions

- b. Briefly explain THREE current therapeutic issues Andrew and Sharon are likely to be struggling with. **(3Mks)**
 - c. Sharon and her late father had a close relationship and a strained relationship with her two sisters. Discuss two key concepts from Bowenian theory in relation to the genogram. **(4Mks)**
 - d. Discuss ONE triangle depicted in the genogram. **(3Mks)**
 - e. Briefly discuss the significance of family genogram in our Christian faith? **(5MKS)**
- 4.i. Discuss the importance of joining as a process of therapy. **(3Mks)**.
 - ii. Analyze any THREE aspects of Fleck's family functioning assessment criteria. **(9Mks)**
 - iii. Discuss the major assumption about families as illustrated by The Circumplex Model of family systems. **(3Mks)**
5. i. Discuss how power impacts family systems. **(4Mks)**
 - ii. Illustrate TWO goals of therapy in Structural Family Therapy. **(4Mks)**
 - iii. Discuss the importance of family rules. **(3Mks)**
 - iv. Discuss the contribution of gender roles to family dysfunction. **(4Mks)**