PAN AFRICA CHRISTIAN UNIVERSITY

END OF SEMESTER EXAMINATION FOR THE DEGREE OF

BACHELOR OF ARTS IN COUNSELING

MAY – AUG 2026

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU3213

COURSE TITLE: INTRODUCTION TO MARRIAGE & FAMILY THERAPY

EXAM DATE: MONDAY……2026

TIME: 6.30PM-9.30PM

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 is Compulsory: Answer ALL Questions

Section A (20 marks)

Question 1

A. Discuss the following terms as used in MFT: **(8 marks)**

i. Circular Causality

ii. Differentiation of Self

iii. Cybernetics

iv. Homeostasis

B. Outline **FOUR** key goals of Marriage and Family therapeutic approach **(4 marks)**

C. Explain **TWO** characteristics that distinguish MFT from individual counselling **(4 marks)**

D. **Discuss the concept of "the family as a system." (4 marks)**

SECTION B: Attempt any Two Questions (10 Marks each)

QUESTION 2

Case of Okonkwo and Dot

Okonkwo and Dot have been married for 12 years and have three children. Over the past year, frequent disagreements about finances and parenting have led to emotional distance between them. Their eldest child has begun displaying behavioural problems at school. Okonkwo believes the child is the problem, while Dot believes the marital conflict is affecting the child.

a) Identify any **TWO** assessment tools that could be used to gather information about the family system **(2 marks)**

b) Discuss **TWO** presenting concerns in this family **(4 marks)**

c) Using systems theory, explain any **TWO** ways a family therapist might conceptualize the problem **(4 marks)**

QUESTION 3

a) State any **TWO** common stressors experienced during family transitions **(2 marks)**

b) Discuss any **TWO** functions of boundaries and subsystems within families **(4 marks)**

c) Analyze any **TWO** consequences of rigid or diffuse boundaries **(4 marks)**

QUESTION 4

Examine the case study below and answer the questions that follow using Cognitive Beharioral Marriage and Family Therapy:

The Case of Kael and Modesta

Kael (42) and Modesta (40) have been married for ten years. Kael complains that Modesta is "extremely critical of him," while Modesta says that Kael is never available for her. During sessions, Modesta gently expresses herself and says - *"If he loved me as he claims, he would know my needs,"* while Kael responds with deep concern by saying - *"Nothing I do is ever good enough."* Their interactions typically involve Modesta criticizing and Kael withdrawing, which leaves both feeling misunderstood and very unhappy.

Questions

a) Using a CBT framework, identify **TWO** maladaptive cognitions present in this couple **(2 Marks).**

b) Explain giving **TWO** examples how these cognitions influence emotions and behaviour of the above couple and and their relationship (**4 Marks)**

c) Describe **TWO** CBT interventions that could be used to help this couple change their interaction and communication patterns **(4 Marks)**

QUESTION 5

Examine the case study below and answer the questions that follow using Narative Marriage and Family Therapy:

The Case of Kaunda and Debby

Debby (31) and Kaunda (38) have been married for seven years and have two children. They present for therapy due to frequent conflicts and emotional distance. Asha describes their marriage as "a total mess" and says, *"We are just not good for each other."* Kaunda states that no matter what he does, he is "always the irresponsible husband." Both report that arguments usually begin around parenting and issues to do with inlaws. Over time, they have come to see conflict as something that defines their marriage.

Questions

a) From a Narrative Therapy perspective, identify TWO dominant problem-saturated themes in this couple's relationship **(2 Marks)**

b) Explain any TWO ways the therapist would use externalization to help the couple relate differently to their problem **(4 Marks)**

c) Discuss any TWO Assumptions of Narrative Approach that a therapist could have considered while working with the above couple **(4 Marks).**