



PAN AFRICA CHRISTIAN UNIVERSITY

END OF TERM EXAMINATION

CAMPUS: VALLEY ROAD

DEPARTMENT: PSYCHOLOGY

COURSE CODE: MPC 601

COURSE TITLE: COUPLE THEORY AND THERAPY

ROYSAMBU CAMPUS

DATE: AUGUST 06, 2018

INSTRUCTIONS

- Read all questions carefully before attempting.
- Write your student number on the answer booklet provided.
- Section A is Compulsory
- Answer any TWO questions in Section B

SECTION A: Answer all questions

QUESTION 1

- a) When a couple gets in an argument that is heated the husband withdraws from the argument by disengaging from the intensifying escalation. What feeling would typically lead to this action? _____ (2 Marks)
- b) As his wife finds him less and less responsive to her complaints, her anger escalates, as she is less able to sense that she is getting through to him. How will anger typically prompt him to respond? _____ (2 Marks)

Identify the type of emotion illustrated in each sentence below (primary, secondary, or instrumental)

- c) She said she was afraid, hoping that he would hold her and be protective of her _____ (2 Marks).
- d) When he told her that he did not want to make love, she flew into a rage and began to list all of his mistakes and shortcomings _____ (2 Marks).
- e) As he saw her smiling at his friend, he felt sick and a sense of dread and hopelessness overcame him _____ (2 Marks)

Use an image or a metaphor to form a heightening statement in response to the following situations.

- f) A withdrawer's loneliness to her partner's disengagement in the relationship _____ (2 Marks)
- g) A pursuer's fear that his partner will never respond to his needs _____ (2 Marks)
- h) A pursuer's frustration about not getting a meaningful response from her partner _____ (2 Marks)
- i) A partner's hope with the changes that have taken place in her relationship _____ (2 Marks)
- j) A partner's surprise at the support he experiences from his previously distant spouse _____ (2 Marks)

SECTION B: Answer any two questions

QUESTION 2

- a) Describe three basic negative cycles and interaction positions ----- (6 Marks)
- b) Explain the purpose of an attachment style _____ (4 Marks)

QUESTION 3

- a) Describe three attachment styles in couple relationship _____ (6 Marks)
- b) Discuss the consequences of attachment injuries to a couple relationship _____ (4 Marks)

QUESTION 4

- a) Delineate two common indicators/warnings of impasses in couple therapy (2Marks)
- b) Describe two common types of impasses in couple relationship (2 Marks)
- c) Identify two common client responses to impasses (2 Marks)
- d) How do EFT therapists resolve impasses (2 Marks)
- e) How can you make impasse explicit? (2 Marks)

QUESTION 5

- a) Highlight four guidelines for focusing on emotions in EFT_____ (4 Marks)
- b) How is RISSC used to facilitate emotional engagement in therapy? (6 Marks)

End