



**PAC INSTITUTE OF TECHNOLOGY AND SOCIAL STUDIES MAY-AUGUST 2025
ASSESSMENT**

FORMATIVE ASSESSMENT

Qualification Code : **031305T4PSY**

Qualification : **Counselling Psychology level 6**

Code : **PSY/CU/CO/CR/02/5/A**

Unit of Competency : **PROVIDE MARRIAGE AND FAMILY
COUNSELLING SERVICES 2 [MAY 2024]**

**WRITTEN ASSESSMENT
TIME: 3 HOURS**

INSTRUCTIONS TO THE CANDIDATE:

1. Read all the instructions carefully before attempting the questions.
2. Answer all questions in section A. In Section B, answer any Three questions.
3. You are allowed 3 Hours to Answer the questions.
4. Marks for each question are indicated in brackets.
5. Write your responses in the Separate Answer booklet provided.
6. Do not write anything on this question paper.

SECTION A: 40 MARKS

Answer **ALL** the questions in this section.

1. A good counselling environment lays the necessary foundation for forming an alliance and building trust. Identify **FOUR** (4) characteristics of a good counselling environment. (4 Marks)
2. Several assessment methods and tools are used in couple and family therapy. List **TWO** (2) basic marriage counselling assessment tools (2 Marks)
3. The intake process is vital to the formation of any counselling relationship. List **FIVE** (5) examples of basic information all intake forms should contain. (5 Marks)
4. John Gottman identified four especially corrosive behaviours that lead to the downfall of a marriage. State the **Four** Horsemen of the Apocalypse. (4 Marks)
5. Marital therapists often start a therapy engagement by asking clients to participate in an information gathering assessment phase. Highlight the difference between formal and informal assessment. (4 Marks)
6. Marriage counselling can help couples in all types of intimate relationships. Mention (5) **FIVE** common services a marriage therapist can offer. (5 Marks)
7. Psychological assessment contributes important information to the understanding of individual characteristics and capabilities. Outline the **THREE** (3) steps necessary to undertake the assessment process. (3 Marks)
8. The treatment plan is the road map that a patient will follow on his or her journey through treatment. Mention **FIVE** (5) reasons for having a treatment plan. (5 Marks)
9. List any **FOUR** (4) reasons for setting up a therapy evaluation. (4 Marks)
10. Supervision is a process that involves a supervisor overseeing the professional work of a supervisee. Name **THREE** (3) goals of supervision. (3 Marks)

SECTION B: (60 MARKS)

Answer any THREE questions from this section.

11. a. Loise and Simon want to get married and they have been referred to you for pre-marital counselling. Explain any **FIVE** (5) areas that would be important for them to address before they get married. (10 marks)
b. Describe any **five** (5) marriage and family therapy techniques you can apply to help the Mwaembe's family who have poor communication. (10 Marks)
12. a. Describe the **THREE** (3) types of termination and any **TWO** (2) signs that indicate that a client is ready for termination of therapy. (10 Marks)
b. Explain any **FIVE** (5) Ethical considerations that are applicable in marriage and family therapy. (10 Marks)
13. (a) According to Virginia Satir, Name the **FOUR** (4) dysfunctional communication stances and ONE (1) functional stance (10 Marks)
b. Virginia Satir's therapy involved inviting families to set aside time each day to connect with one another. Identify **FIVE** (5) ways to accomplish this. (10 Marks)
14. Discuss the application of the family circumplex model in explanation of family transactions. (20 Marks)