



COURSE TITLE: COUPLE TREATMENT-GOTTMAN LEVEL 1
CODE: MPC 602

EXAM DATE: TUESDAY APRIL 13, 2021
DURATION: 3 HOURS
TIME: 1800-2000
INSTRUCTIONS

- Read the instructions and questions carefully before you write the answers.
- Write your STUDENT NUMBER in the Answer Booklet given
- This Exam has TWO SECTIONS
- SECTION A is Compulsory.
- Answer **TWO** Questions in **SECTION B**
- *Write clearly and legibly.*

SECTION A IS COMPULSORY (20 MARKS).

ALL YOUR RESPONSES MUST BE IN PARAGRAPH FORMAT)!

QUESTION ONE (10 MARKS) All responses must be in paragraph format.

- a) In four ways, distinguish between healthy complaining versus harmful complaining. (4 marks)
- b) Read the case below and answer the following questions.

Josky and Jayne had no difficulty expressing themselves to each other when they first met in 1990 in Lodwar. Josky was 24 and Jayne 22. He considered Jayne to be very attractive, very expressive, and happy.”

Josky learnt to convey his love for her in many other ways whenever they experienced conflicts. He tattooed Jayne’s name on his arm when he came back home from working in South Sudan.

“All of our dating was closely chaperoned,” Josky remembers. “We’d sit on the front verandah swing near the window with Jayne’s sister sitting just inside.”

“Her sister – Molly would pass by pretty often,” recalls Jayne. “Then Molly would come to the door and say, ‘All right, Jayne, it’s time to come in.’”

But one night before his leave ended, Josky borrowed a motorbike from Jayne’s brother and took her out for a ride and when they were alone, Josky asked her to marry him.

The couple wed shortly in 1991, and had their first of three children one year later. They live a sort of parallel existence. Jayne is in charge of the kids, the household, and the family’s social life. Josky focuses on his marketing career outside the home. Josky has opted to retire early due to the COVID 19 pandemic. The couple’s lives have now intersected, and the adjustment is becoming hard.

Jayne, now 65 complains that her main concern is that Josky won’t talk to her. “Whenever I go out someplace, he always asks, ‘What did you do?’ And I used to tell him everything,” she says. Recently, however, she noticed Josky doesn’t do the same. “He comes home and I ask, ‘How did it go?’ And he’ll say, ‘I golfed.’ That’s it. No detail. No communication. Nothing.”

Feeling hurt, Jayne decided, “That’s not right. Why should I share the details of my life with him if he doesn’t care enough to share his life with me?”

But Jayne’s not the only one feeling injured. “When I retired, it seemed like Jayne took all the pent-up things she didn’t like about me—and she dumped on me all at once,” Josky, 68 at the time of the first interview, discloses to you.

- i) Describe three presenting issues for both of them. (3 marks)
- ii) Explore three interventions you will suggest to the couple? (3 marks)

ANSWER TWO QUESTIONS IN SECTION B (20 MARKS) All responses must be in paragraph format.

QUESTION TWO (10 MARKS)

- a) Partners tend to complain due to unmet preferred longings or recovery from attachment injuries in their relationship. Suggest three complains and for each, give a corresponding underlying longing. (2 marks)

- b) Read the Case study and answer the following questions

Sukuma was fascinated by Mayne's beauty the first time he saw her in the Church choir where they both worshipped. However, she made it clear to him that she wanted to serve the Lord for the rest of her life.

"I made it clear to him that I didn't go out with church members," she recalls. "And besides, If I had to, I would not date brethren from the same Church."

This pastor's kid, who was brought up strict in religious environment didn't fit the fellowship. After six months of indecision, she consented to join him and others to Karura forest for the young adults' bonding mission.

"He was taking his dog, and I just love dogs, so I decided to go," explains Mayne, now thirty-five. Soon she found herself sitting next to him on a rock, thinking, "Wow, I'd really like to kiss him!"

She resisted the impulse—for about six hours. But by the end of the day, she wasn't limiting herself to him anymore. And by the end of the year, they engaged to be married in Easter of the following year.

Nine years later, Mayne looks back to those early days as "a real roller-coaster ride." He blames the turmoil on the old saw "opposites attract." That is, the qualities they found most attractive in each other were the very things that drove them apart. While Mayne was outgoing, Sukuma was more introverted. While Sukuma strived for stability, Mayne was looking for excitement, taking risks.

Assess the issues that: (4 marks)

- i. Sukuma is struggling with
 - ii. Mayne presents
- c) Describe the interventions you would provide for (4 marks)
- i. Sukuma
 - ii. Mayne

QUESTION THREE (10 MARKS)

- a) Overlooking undesirable feelings compromises emotional intimacy. Explain two pieces advice you will give to such partners. (4 marks)
- b) Read this case and answer the following questions

Leo and Baraka remember the early years they would meet in the evening and chat for countless hours as newly-weds living in Karen.

“Leo loves to watch news,” Baraka explains. “So I would cook and we would talk while he watched the news.”

“We always ate late because we had a lot to catch up” he remembers. “Then, afterwards, we would just sit for the longest time and just talk.”

All that changed when Leo and Baraka became parents after four years of marriage. Now, when Leo comes home from his job as a lab assistant, he’s greeted at the door by their two sons, Furaha, age four, and Faraja, two years. Baraka, now a stay-at-home mom, is often exhausted by 6:00 p.m., and she’s ready for Leo to take the kids off her hands.

“I feel like it’s crunch time as soon as I walk in the door,” Leo complains. “There are too many things happening all at once. Furaha wants my attention. I need to change my clothes. I need to get dinner made...”

“I usually cook these days,” Baraka responds, and Leo nods in agreement, falling silent, looking sad. It’s obvious that their long, intimate dinners are a thing of the past.

All told, Leo and Baraka say they’re a “great team” when it comes to meeting their kids’ needs. “But sometimes I feel like that’s all we are,” says Leo, 44 years old.

During bedtime, Baraka, 38, feels strongly that babies should not sleep alone. So, for the time being, Faraja has a place in his parents’ bed. The trouble is, the child often doesn’t rest well near Baraka; he keeps trying to nurse throughout the night. So, lately, Baraka’s been leaving him in the bed with Leo and going off to the guest room to sleep by herself. Consequently, the couple finds very little time for cuddling with each other. Sex at night is out of the question.

- i) Describe the issues that each of the partners is experiencing. (4 marks)
- ii) Assess the possible interventions for this couple (2 marks)

QUESTION FOUR (10 MARKS)

- a) Describe three key foundational aspects of a stable, stronger, couple relationship. (3 marks)
- b) Read and answer the following questions

Mike and Maria arrive at your office quite exhausted. Parents of eighteen-month-old Tess, the couple has endured a series of stressful events over the past two years. Maria's sister died from a complicated illness just six weeks before Tess was born. Then Mike, 43, was diagnosed with a heart defect that required open-heart surgery. Now Maria, 39, is struggling with a demanding new job as an officer for a financial services company. And Mike has the pressure of making a profit with his newly opened restaurant—a business he financed with investment from friends.

They have big concerns about their health because each has recently gained more than fifty pounds. Both have snoring problems, made worse by their weight gain, so they're sleeping in separate rooms. Feeling exhausted and unattractive, they've lost their interest in romance. In fact, it's been months since they've even attempted to have sex.

But it hasn't always been this way. In fact, when we ask Mike and Maria to talk about the way they met ten years earlier, they become suddenly energized and animated.

Maria's face seems to light up in a rush of vivid, happy memories.

In a silly mood, the two women started a game of paper, scissors, rocks to determine who would make a play for Mike. "We were both so interested in this cute guy with nice, long legs," Maria remembers. "Then he turns and starts walking straight toward us through the crowd. I took it as a sign from God!"

- i. Identify four issues that the couple is dealing with at the moment? (4 Marks)
- ii. Provide three interventions for any of the four issues identified in A above. (3 Marks)

ENJOY YOUR EASTER HOLIDAY