



PAN AFRICA CHRISTIAN UNIVERSITY
END OF SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF ARTS IN COUNSELING

MAY – AUGUST 2025

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU3213

COURSE TITLE: INTRODUCTION TO MARRIAGE & FAMILY THERAPY

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: (6 marks)

- i. Enmeshment
- ii. Exceptions
- iii. Externalizing a problem

- B. Identify any TWO concepts of Solution Focused Brief Family Therapy (2 marks).
- C. Describe any TWO groups of people who can benefit from Marriage and Family Therapy (4 marks)
- D. Discuss any TWO assumptions of Narrative Family Systems regarding clients (4 marks)
- E. Outline FOUR key goals of Marriage and Family therapeutic approach (4 marks)

Section B: Attempt any Two Questions

QUESTION 2

Examine the case study below and answer the questions that follow using Solution Focused Brief Family Therapy:

Patel's family consists of 45 year old Abugi (father), 40 year old Pragia (mother), and their 16-year-old son, Sudri. Recently, Sudri has been skipping school and spending time with older peers. Patel believes stricter rules will help, while Abugi prefers to talk to him calmly. The family feels stuck and disconnected.

- a. Identify any TWO interventions the therapist can use to help Patel's family (2 Marks)
- b. Demonstrate any TWO Solution Focused questions you would ask this family to help shift their focus from the problem to solutions (4 Marks)
- c. Analyze any TWO exceptions to the problem that could be explored in this case (4 Marks)

QUESTION 3

- a. Discuss with examples any TWO key concepts according Structural Family Theory (4 marks)
- b. Analyze any THREE Core Characteristics of Marriage and Family Therapy (6 Marks)

QUESTION 4

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

Amani Muoko's family includes her a 35 year old single mother and her 13-year-old daughter, Mpendwa. Mpendwa has been labeled as "rebellious" by teachers and relatives. Amani is overwhelmed and says, "She has always been difficult; it's just who she is." Mpendwa feels misunderstood and says, "Everyone thinks I'm bad."

- a. Identify an example of a re-authoring question you could ask Mpendwa (2 Marks)
- b. Analyze any TWO statements a Narrative therapist can use to help Amani to deconstruct the dominant narrative about Mpendwa being "rebellious" (4 Marks)
- c. Describe TWO ways a narrative therapist can help externalize the problem in this case (4 Marks)

QUESTION 5

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

Okonkwo is a 45 year old man who lives with his wife 40 year old wife Amaka and their daughter Adora. David, Amaka's father also lives with the Okonkwo family. David (stepfather) feels Adora is disrespectful, while Adora says David always shouts and that he never listens to her. Amaka feels caught in the middle and she mentions she is emotionally drained. Arguments happen almost daily.

- a. Discuss TWO CBT interventions a therapist may use with this family to help them resolve their issues (4 Marks) .
- b. Analyze THREE unhelpful cognitive patterns that may be contributing to conflict in this family (6 Marks).