



PAC INSTITUTE OF TECHNOLOGY AND SOCIAL STUDIES
MAY TO AUGUST 2025 ASSESSMENT

FORMATIVE ASSESSMENT

Qualification : Counselling Psychology

LEVEL : 6

Code : **PSY/CU/CO/CR/05/6**

Unit of Competency : Marriage and family counselling 1 [SEPT 24]

WRITTEN ASSESSMENT

TIME: 3 HOURS

INSTRUCTIONS TO THE CANDIDATE:

- 1. Read all the instructions carefully before attempting the questions.*
- 2. This paper consists of two sections, A & B.*
- 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.*

SESSION A

Attempt all the questions in this session.

Total marks 40

1. Define the following terms;
 - (a); Marriage and family counselling. (2 marks)
 - (b) ; Premarital counselling (2 marks)
2. List any FOUR ethical principles guiding counsellors. (4 marks)
3. State FOUR goals of counselling during the preparation phase. (4 marks)
4. Explain the role FOUR of empathy in the counselling process. (4 marks)
5. Name FOUR tools used in client intake. (4 marks)
6. Identify FOUR ways a counsellor would conduct a needs assessment (4 marks)
7. Suggest FOUR strategies for establishing rapport with clients (4 Marks)
8. Outline FOUR cultural considerations to observe during intake (4marks)
9. Highlight FOUR importance of Courtship in marriage (4 marks)
10. Explain FOUR ethical standards to consider when conducting marriage and family counselling (4marks)

Section B (60 Marks) Attempt 3 questions

Attempt any three questions from this section.

Section 2: Case Study and Application (30 marks)

11) Case Study:

John and Mary have been married for 8 years and have two children. Recently, they have been experiencing frequent arguments over financial stress and parenting styles. Mary feels John is emotionally distant and uncommunicative, while John feels overwhelmed and criticized. Their teenage son has been acting out at school, adding to the family tension. They seek counselling to improve their relationship and family dynamics

- a) Identify at least three key issues John and Mary are facing that marriage and family counselling can address. (6 marks)
- b) Suggest two therapeutic techniques that a marriage and family therapist might use with this family and explain how they would help. (8 marks)
- c) Recommend three specific skills John and Mary should practice during and outside sessions to improve their relationship. Explain why each skill is important. (9 marks)
- d) Discuss how the therapist can foster resilience and emotional connection in this family. (7 marks)

12 a) Identify five cultural factors that may influence the marriage counselling process and outcomes for diverse clients. (10 marks)

b) Discuss strategies for ensuring that marriage interventions are culturally sensitive and appropriate. (10 marks)

13; (a) Marriage and family counselling can address a wide range of challenges that affects marriage and families. Discuss 5 Common Issues Addressed during the Counselling Marriage therapy. (10 marks).

(b); Explain the 5 benefits of Marriage and Family Counselling (10 marks)

14); (a) ; Discuss 5 key Principles of Effective Marriage and Family counselling (10 marks)

(b); Marriage and family therapists often use evidence-based approaches, discuss the following approaches giving examples (10 marks)

- i. Cognitive Behavioural Therapy (CBT)
- ii. Emotion-Focused Couples Therapy
- iii. Solution-Focused Brief Therapy
- iv. Structural Family Therapy
- v. The Guttman Method