



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

JAN – APRIL 2025

CAMPUS: ROYSAMBU

DEPARTMENT: PSYCHOLOGY

COURSE CODE: COU3213

COURSE TITLE: INTRODUCTION TO MARRIAGE & FAMILY THERAPY

EXAM DATE: FRIDAY2025

TIME: 5.30PM-8.30PM

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. Differentiation of Self
- ii. Externalization
- iii. Parentified Child

B. Outline **FOUR** key goals of Marriage and Family therapeutic approach **(4 marks)**

C. Describe any **TWO** areas within a family that Marriage and Family Therapy can address **(4 marks)**

D. Discuss **TWO** assumptions of Solution-Focused Brief Family Systems regarding clients **(4 marks)**

E. Identify any **TWO** concepts of Narrative Family Therapy **(2 marks)**

Section B: Attempt any Two Questions

QUESTION 2

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

The case of Ajayi Family

Ajayi is a 39 years old man who works long hours as a factory worker and is often away from home. He is described as being strict and distant. Taiwo his wife is a 35 year old stay home mother who manages the household. She feels overwhelmed by parenting and she also feels very unsupported in this role. Egbo, their 17 year old son frequently skips school and he has been caught by authorities stealing fruits on his way from school. He has had frequent conflicts with both parents. Egbo complains that his father is over strict and that the mother does not give him space to act independently. She is over protective of him. Emeka, their 15 year daughter struggles with low self esteem and she seeks reassurance from her mother all the time. She does not trust herself and she avoids conflict at all cost. She feels her parents focus too much attention on her brother Egbo and very little on her. The last child of the family is an 6 year old girl named Ulina who spends a lot of time alone. She is quiet and only talks when she needs to answer questions directed at her.

The family has come for therapy after Taiwo insisted there was need for the family to do so after Egbo was caught stealing fruits. During session one, the family reported there were issues to do with poor communication, parental conflicts and claims that Emeka the 15 year daughter often felt overlooked.

Questions

a. Identify any **TWO** interventions the therapist can use to help Ajayi's family **(4 Marks)**

b. Discuss with examples any **TWO** key concepts observed in the case study according to Structural Family Theory **(6 marks)**

QUESTION 3

i. Discuss any **TWO** core concepts of Solution Focused Brief Family Therapy **(4 marks).**

ii. Analyze any **THREE** guidelines that provide a structured approach for conducting effective assessments in MFT **(6 marks)**

QUESTION 4

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

Femi's Family

Femi is a 50 year - old man who together with his wife Jumoke have two children. Femi is a high school teacher who tends to withdraw during family disputes and often focuses on his work to avoid emotional tension at home. Jumoke on the other hand, is 46 years old and she is a health care worker. She has a history of anxiety and reports feeling emotionally overwhelmed when conflicts arise in the family. Amaka their 19 year-old daughter is the first born of the family and she is a college student. Recently, she has been experiencing panic attacks. She describes feeling "caught in the middle" when her parents argue and often takes on the role of mediator. Chidi, their youngest son is 13 years old and he is in high school. He is described as rebellious and of late he has been avoiding going to school. He is often the focus of parental concern and disciplinary action. Femi's family seek therapy due to ongoing conflicts and tension within the family. The couple frequently argue about how to handle Chidi's behavior. Amaka feels pressured to "keep the peace" and reports feeling trapped. Chidi shows little interest in therapy and expresses resentment toward his parents, saying, "They only notice me when I mess up."

- a. Illustrate how the focus on Chidi's behavior deflects attention from parental conflicts **(2 marks)**
- b. Analyze any **TWO** ways a therapist might use to help Femi and Jumoke to improve their emotional regulation and communication **(4 marks)**
- c. Discuss how Femi's withdrawal during conflict affects the family's ability to resolve issues **(4 marks)**

QUESTION 5

- i. Illustrate **TWO** goals of therapy in Solution Focused Brief Family Therapy. **(2 Marks)**
- ii. Analyze any **TWO** ethical considerations an MFT therapist must adhere to **(4 marks)**
- iii. Discuss with examples any **TWO** core characteristics of MFT **(4 Marks)**